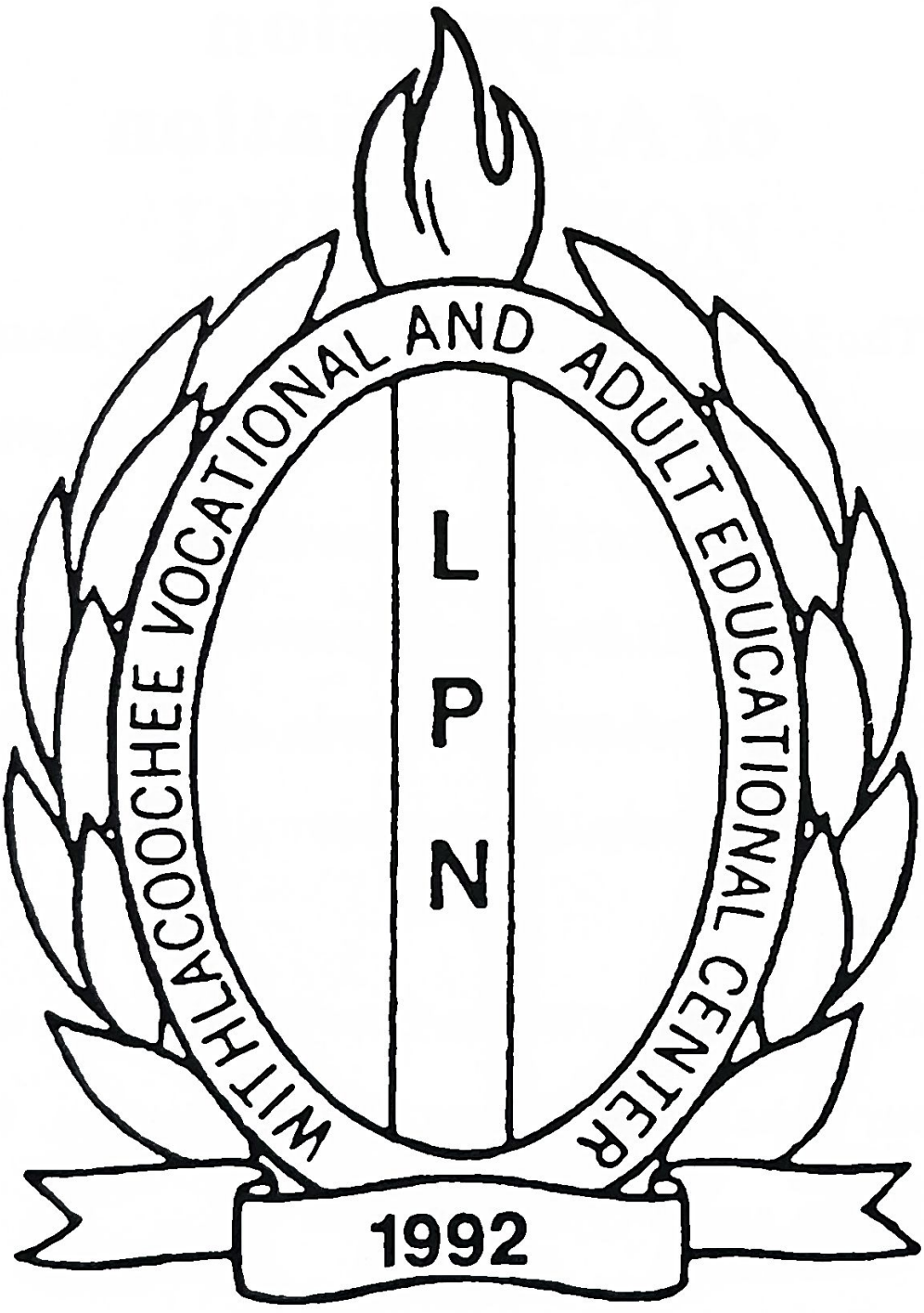
EAT THIS!

Trust Us You'll Feel Better


WITHLACOOCHEE AREA VOCATIONAL AND ADULT EDUCATIONAL CENTER
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1992

Expression of Appreciation

The LPN Class XXVII would like to thank and express our sincere appreciation to the many people in the community who gave so generously of their time and energy in collecting and submitting ads and recipes and with the sale of our cookbook. Without their help, this book would not have been possible.

Special thanks to Joe Cino for his extra efforts on our behalf and to our typist, Kristina, for all the hours spent typing recipes.

Withlacoochee Vocational
and Adult Educational Center
LPN Class XXVII (27)

DEDICATION

We dedicate this cookbook to our families and friends. Their love and support has made it possible for us to achieve our goals. We thank them for their patience and encouragement. We never would have made it without those special people in our lives.

LPN Class XXVII

FAVORITE RECIPES

Sponsored by

LPN CLASS XXVII

LPN CLASS XXVII MEMBERS

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Lynette Keller

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Your Favorite Recipes

Recipe	Page Number

FUNDCRAFT PUBLISHING, INC.
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Appetizers, Relishes & Pickles

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips.

1. Caviar flavored with onion juice.
2. Cream cheese with chopped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16. Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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APPETIZERS, RELISHES & PICKLES

OPEN SHRIMP AND CHEESE SANDWICH

1 ½ c. chopped, cooked shrimp
2 c. medium white sauce
6 slices toast
6 slices American cheese

Add shrimp to white sauce. Butter toast and cover with a slice of cheese. Place under broiler until cheese melts. Pour shrimp mix over the slices and sprinkle with paprika. Makes 6 servings.

Mary Green

BOURBON FRANKS

1 bottle catsup (14 oz.)
1 c. bourbon
1 c. dark brown sugar
2 pkg. frankfurters, cut into 1-inch chunks (16 oz.)

In large saucepan, mix all ingredients except frankfurters. Cover and simmer at least 2 hours, stirring occasionally. (Can be made ahead to this point; cover and refrigerate up to 24 hours.) At serving time, reheat sauce until hot. Add frankfurters at this time and simmer for 5 minutes. Serve in chafing dish. Makes 64 appetizers.

MINI PIZZA

1 lb. hamburger
1 lb. sausage
1 lb. Velveeta cheese
1 onion, chopped
½ green pepper, chopped (if desired)
1 tsp. garlic powder
salt and pepper
oregano (if desired)

Saute the hamburger, sausage and onion until browned, stirring frequently. Drain fat. Add garlic and chopped cheese. Stir until the cheese is melted. Spread on Pepperidge Farm party rye. When ready to serve, heat in 350° oven until the cheese starts to bubble.

Jennifer Cook

DRIED BEEF SPREAD

1 (8 oz.) pkg. cream cheese
1 ¾ c. dried beef or 1 small jar
2 tsp. diced green pepper
2 tsp. diced onion
2 tsp. milk
½ c. sour cream (more, if desired)

Mix together all ingredients. Put into baking dish. Bake at 350° for 15 to 20 minutes or until hot. Serve with little breads or crackers (bread is best). Serve hot. Leftovers are also good cold.

Dory Vogt

BLUE CHEESE BALL

8 oz. pkg. cream cheese, room temperature
½ tsp. vinegar
6 oz. Blue cheese, room temperature
½ tsp. prepared mustard
⅛ tsp. Worcestershire sauce

Mix all ingredients. Chill. Form into ball. Roll in ¼ cup chopped, salted peanuts. Refrigerate.

Sue Gloyd

DRIED BEEF DIP

8 oz. cream cheese, room temperature
1 ¼ tsp. Worcestershire sauce
1 ½ tsp. Accent
2 Tbsp. dried chives
1 tsp. horseradish
1 tsp. Lawry's salt
1 small pkg. dried beef

Mix all ingredients. Refrigerate overnight. Add milk to this.

Sue Gloyd

COSMO'S FRUIT DIP

1 small jar marshmallow cream
1 small pkg. cream cheese

Mix both ingredients together and it makes a great dip for fruit.

Terri Suplee

CHEESE BALL

2 (8 oz.) pkg. cream cheese
1 (20 oz.) crushed pineapple, drained
¼ c. chopped onion
¼ c. chopped green pepper
1 Tbsp. curry powder
1 c. chopped nuts, any kind

Soften cream cheese. Drain pineapple. Mix all together and roll in nuts. Shape into ball or whatever shape you wish. Refrigerate. Good for one week or can be frozen.

Lorene Detmer

EAST COAST CRAB APPETIZERS

½ lb. processed cheese spread
¾ c. butter
1 lb. crab meat, shredded
1 (4 oz.) can chopped mushrooms
2 pkg. English muffins, lightly toasted

Melt cheese and butter. Add crab meat and mushrooms. Spoon on quartered muffins. Place under broiler until slightly browned. Yields 12 to 14 servings.

Bette June Egan

SHRIMP DIP

1 large Philadelphia cream cheese
1 can Campbell's cream of shrimp soup
⅓ pkg. frozen small shrimp or 1 small can shrimp
1 tsp. lemon juice
dash of garlic powder
dash of paprika

Rinse small frozen shrimp or clean, drain and cut up canned shrimp. Mix all ingredients together well.

Dorothy Correia

DILLY DIP

1 c. sour cream
1 c. mayonnaise
1 Tbsp. parsley flakes
1 Tbsp. minced dry onion
1 tsp. dill weed
1 tsp. seasoned salt

Mix all ingredients the night before and let set overnight. Serve with fresh vegetables or your favorite chip.

Lynette Keller

CHEESE AND HAM BALL

¾ c. finely chopped, cooked ham
8 oz. softened cream cheese
1 c. finely shredded sharp Cheddar
1 tsp. minced onion
1 tsp. Worcestershire sauce

Mix together cream cheese, Cheddar cheese, ¼ cup of chopped ham, onion and Worcestershire sauce. Shape into ball. Coat ball with remaining chopped ham. Chill.

Norma Dailey

-• YOUR FAVORITE RECIPES •-

Recipe	Page Number

Soups, Salads & Sauces

Salads

Additions and Garnishes

Sliced hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.
Wash well, drain and dry greens before storing; chill well before using.
To core lettuce, smack head stem end down on counter top. Then twist the core out.
It is better to tear greens into bite-sized pieces to avoid bruising with knife.
Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Use them only for garnishing the salad bowl.
Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and the skin should be removed.
Use wild greens such as dandelion, sorrel or watercress for a different flavor and texture in tossed salads.

About Potato Salad

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.
Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.
Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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INTERESTING SALAD

1 lb. thinly sliced carrots, 5 minutes in boiling water
1 large green pepper
2 medium purple onions
¼ c. sugar
1 can tomato soup
1 tsp. Worcestershire sauce
½ c. red wine vinegar

Mix all ingredients and marinate overnight.

A former student nurse

HEAVENLY HASH

1 small can fruit cocktail
1 small can pineapple chunks
1 small can mandarin oranges
1 jar maraschino cherries
1 pt. sour cream
1 bag miniature marshmallows

Drain all fruit except a little of the pineapple juice. Mix all ingredients together. Chill for 24 hours before serving.

Lisa Kamiel

FROZEN FRUIT SALAD

½ c. chopped pecans
1 (15 ¼ oz.) can pineapple chunks, drained
1 (16 oz.) can pitted dark sweet cherries
1 (12 oz.) Cool Whip
1 (8 oz.) lemon flavored yogurt
½ c. mayonnaise

Combine all and pour into 12 x 2 x 8-inch pan. Freeze until firm. Cut into squares.

Alberta Lord

BLUEBERRY SALAD

2 pkg. red raspberry gelatin
3 c. hot water
1 envelope plain gelatin
½ c. cold water
1 c. coffee cream
1 c. sugar
1 tsp. vanilla
8 oz. pkg. cream cheese
½ c. chopped nuts
1 (No. 303) can blueberries

First Layer: Dissolve one package red raspberry gelatin into two cups hot water. Let set until firm.

Middle Layer: Dissolve one envelope plain gelatin in ½ cup cold water. Heat coffee cream and sugar without boiling, then mix in gelatin mixture, add vanilla, cream cheese and nuts. Let cool and add to first layer.

Top - Third Layer: Dissolve the other package of red raspberry gelatin in one cup of hot water and stir until dissolved. Add the blueberries and juice. Let each layer jell before adding next layer.

Margie W. Lopez

GRANDMA RESTALL'S PATAJAE SOUP

1 large ham bone
2 links chorizo sausage, sliced
2 c. cooked garbanzo beans
2 cloves garlic, minced
6 red boiler potatoes, quartered
1 onion, chopped
½ head cabbage, cut in chunks
1 ½ tsp. salt
½ tsp. pepper
2 bay leaves

Combine all ingredients in large soup pot or crock-pot and add just enough water to cover the ingredients. Allow to cook all day long at a simmering temperature. This soup is a real rib sticker for those cold winter days. Serve with a homemade bread and you have got a meal.

Deborah Hamilton-Ford

SIMPLE SOUP STEW

1 or 2 bags frozen vegetables
1 can creamed corn
1 can kernel corn
1 can mushroom soup
1 can celery soup
1 or 2 cans crushed tomatoes
1 ham bone
salt and pepper to taste

In a large soup pot, add each ingredient over very low heat. Slow simmer for 1 hour. Enjoy.

Carol Derewenko, Registrar

FRENCH ONION SOUP

3 Tbsp. butter
1 ¼ c. yellow onions
6 Tbsp. red wine
3 Tbsp. dry sherry
5 c. beef stock
1 tsp. Worcestershire sauce
1 tsp. thyme
½ tsp. oregano
4 shallots or green onions
1 large garlic clove
Gruyere cheese
toasted bread
½ tsp. white pepper

Melt 2 tablespoons butter in large pot (medium-high). Add yellow onions thinly sliced. Cook until very soft and caramelized. Stir often, about 40 minutes. Add wine and sherry; bring to a boil scraping up any brown bits. Add beef stock (or canned broth), Worcestershire sauce, thyme, oregano and white pepper. Reduce heat; simmer 30 minutes. Stir occasionally. Melt 1 tablespoon butter in medium skillet. Add shallots or green onions, sliced thin, plus 2 green onions and garlic. Cook until golden stirring frequently. Add to soup, stir and combine. (Can prepare a day ahead and refrigerate, bring to simmer before continuing.)

Preheat broiler. Ladle soup into 4 broiler proof crocks and top each with toasted bread and cheese (2 slices). Broil until cheese bubbles. Serve hot.

Fred Perry

LITE CHICKEN GUMBO

1 can stewed tomatoes
1 can hearts of palm
1 can white chicken chunks
½ pkg. frozen okra
seasoning to taste: oregano, celery salt, garlic, salt and pepper

Mix together. Bring to a boil and let simmer 30 to 60 minutes.

Carolyn F. Hibbard

SUPER SUMMER SALAD

1 bunch broccoli
1 head cauliflower
½ lb. bacon
¼ lb. Colby Jack cheese
¼ lb. sharp Cheddar or regular cheese
1 (16 oz.) bottle ranch dressing
2 stalks celery
2 medium carrots
8 to 10 fresh mushrooms, not canned

Separate broccoli and cauliflower into small flowers. The stalks may also be cut up and added. Cut celery and carrots into small sections. Cube cheese (any cheese may be substituted). Fry diced bacon until crisp. Drain well. Half or quarter mushrooms.

Mix all ingredients in large bowl. Gently toss. Add ranch dressing. For best results, let stand together for a few hours or even overnight before serving. Veggies will stay crisp if salad is sealed in airtight container. Yields a large bowl of super summer salad for cookouts or family gatherings.

Betsy Stout Morrill

KRAUT SALAD

1 (No. 2 ½) can kraut, drained and washed
1 medium onion, chopped
1 sweet pepper
1 small stalk celery
1 c. sugar
¼ c. vinegar
½ c. cooking oil

Add drained kraut to onion, sweet pepper and celery. Add kraut mixture to sugar, vinegar and cooking oil. Mix well. Serve next day.

Sue Gloyd

GREEN BEAN SALAD

1 (16 oz.) can French-cut green beans
1 medium tomato
1 small onion
⅛ lb. (approximately) Velveeta cheese, cut in chunks
ranch dressing

Drain green beans. Dice tomato and onion. Mix together all ingredients. Chill before serving.

Don't turn up your nose until you try it. It's delicious.

Jim Vandermark

WALDORF SALAD

1 red Delicious apple
½ stalk celery
2 Tbsp. chopped walnuts
2 to 3 tsp. Miracle Whip

Wash and core apple. Cut into ½-inch slices. (Leave peel on for color and nutrition.) Slice celery into ⅛-inch pieces. Add chopped nuts. Fold in Miracle Whip. (Best used same day.) Serves 2 large or 3 small salads.

Variation: May add chopped cooked chicken breast. If so, increase Miracle Whip slightly.

Linda Pairgin

CHINESE CHICKEN SALAD

⅓ lb. rice stick noodles
2 cooked chicken breasts
1 head shredded lettuce
3 chopped scallions
¾ c. sliced celery
1 small sliced cucumber
3 Tbsp. toasted sesame seed
½ c. toasted almonds
3 Tbsp. sugar
7 Tbsp. rice wine vinegar
2 tsp. salt
1 tsp. lemon juice
¼ tsp. white pepper
¼ c. sesame oil
½ tsp. 5-spice

Break apart rice noodles and deep fry in 2 to 3-inches hot vegetable or soy oil, about 350°. Noodles will fry within seconds and will be white and crisp when done. Larger quantities may be fried in batches. Drain and set aside. Mix dressing (last 6 ingredients). Shake well and set aside. Shred chicken breasts. Mix 1 or 2 tablespoons of dressing with chicken and set aside.

Just before serving, lightly mix fried rice noodles, vegetables, chicken, sesame seed and nuts, then pour over dressing. Serves 6.

Jan Robertson

SAUERKRAUT SALAD

2 cans sauerkraut, well drained
1 can bean sprouts
⅔ c. chopped celery
⅔ c. diced red and green peppers
⅓ c. chopped onion
¾ tsp. celery seed
¾ c. sugar
⅓ c. salad oil
⅓ c. vinegar

Mix thoroughly the sauerkraut, bean sprouts, celery, peppers, onion and celery seed. Heat together the sugar, oil and vinegar to make a sweet and sour dressing. Cool. When cool, pour dressing over salad. Mix well and refrigerate. Let stand for several days before serving. Will keep for weeks under refrigeration.

Mrs. Florence Copas

FRUIT SALAD

3 c. crushed pineapple
3 c. mandarin oranges
3 c. flaked coconut
3 c. miniature marshmallows
3 c. dairy sour cream

Mix and refrigerate 24 hours. Serves 30 to 35 people.

Mrs. Geraldine Libengood

SEVEN LAYER SALAD

4 c. torn salad greens
1 (10 oz.) pkg. frozen peas, thawed
1 small red onion, sliced
mayonnaise
grated cheese
sugar
1 lb. bacon, cooked and crumbled

Place ingredients in order given. Cover first 3 with mayonnaise then sprinkle cheese and a little sugar. Add bacon. For best results,

make salad several hours ahead of time or overnight and refrigerate. This looks best in a clear glass bowl.

Sally Diehm

HOT POTATO SALAD

8 to 10 potatoes
1 onion
8 to 10 slices bacon
½ c. vinegar
½ c. water
1 Tbsp. salt
2 Tbsp. sugar
½ tsp. powdered mustard
pepper to taste

Cook and cool potatoes, then peel and slice. Cut onion finely and add to potatoes. Dice bacon, fry brown and pour over potatoes. Mix vinegar, water, salt, sugar, spices and heat. Pour hot over potatoes and mix. Garnish with sliced hard-boiled eggs, green peppers or parsley.

Anna Herrbach

OUTRAGEOUS ONION SOUP

2 lb. onions
6 Tbsp. butter
2 Tbsp. corn oil
½ tsp. sugar
½ tsp. dry mustard
3 Tbsp. flour
2 qt. beef broth (make your own or use canned or bouillon)
1 ½ c. white cooking wine
1 loaf French bread
2 c. fresh grated Parmesan cheese (from the deli)

Peel onions and slice very thin and cut in halves. Melt butter and oil in large frying pan and cook over medium heat until the onions become clear, about 30 minutes. Do not brown. In large soup pot or crock-pot, add remaining ingredients, making sure the flour is dissolved properly, then add onions, butter and oil to the pot. Simmer for several hours, covered. When ready to serve, cut French bread into 1-inch rounds and cover with Parmesan cheese; toast under broiler until cheese is melted and brown. Float bread in soup and serve.

Deborah Hamilton-Ford

MOM'S SPANISH COLLARD GREEN SOUP

1 large ham bone
1 large onion, chopped
1 large bell pepper, chopped
1 large pkg. frozen collard greens
1 large jar plain Ragu sauce
2 links chorizo sausage, sliced
4 c. home cooked or canned Great Northern beans and liquid
1 clove garlic, minced

Saute chopped onion, pepper and garlic until done. Add to large soup pot or crock-pot along with remaining ingredients and allow to simmer for several hours. If soup becomes too thick, simply add desired amount of water. This is a shortcut version to the famous soup served in Ybor City. Serve with hot buttered Cuban bread and you would swear you were there.

Deborah Hamilton-Ford

HOLLANDAISE SAUCE MADE SIMPLE

3 egg yolks
1 stick butter, straight from refrigerator (do not set out ahead of time)
juice from one fresh lemon, no seeds

Forget the double boiler, it is not necessary. Simply beat egg yolks and lemon juice in small deep bowl until mixed. Take butter from refrigerator and do not substitute with margarine and melt in small saucepan. Stir with wire whisk constantly over medium heat; do not allow to boil and gradually add egg mixture. Continue to whip with whisk until sauce becomes thick like custard.

Fantastic with artichokes, broccoli and asparagus. For variety, add ⅛ teaspoon chives, ½ teaspoon parsley and ⅛ teaspoon tarragon. You have a great Bearnaise sauce, which is terrific for veal and steak.

Deborah Hamilton-Ford

RAISIN SAUCE

1 c. raisins
6 cloves
1 c. water
⅔ c. brown sugar
1 tsp. cornstarch
½ tsp. cinnamon
¼ tsp. salt
dash of pepper
1 Tbsp. vinegar
¼ tsp. Worcestershire sauce
1 Tbsp. butter

Wash raisins. Cook slowly with cloves and water for 10 minutes. Mix together sugar, cornstarch, cinnamon, salt and pepper. Add to raisins and cook stirring constantly until slightly thickened. Add vinegar, sauce and butter. Stirring constantly until blended. Serve hot on baked ham.

Elizabeth Dedinsky

FLORIDA FISH CHOWDER

1 c. diced potatoes
1 c. diced carrots
½ c. diced celery
½ tsp. salt
2 Tbsp. butter or more
1 medium onion, thinly sliced
1 to 2 lb. fish, cut into 1-inch pieces
1 tsp. Worcestershire sauce
1 tsp. salt
¼ tsp. pepper
2 to 3 c. milk

Cook potatoes, carrots, celery and salt in water to cover until vegetables are almost tender. Melt butter in large saucepan. Add onion and cook over low heat until limp but not brown. Add fish and Worcestershire sauce and cook for one minute, stirring gently. Add vegetables and water. Cook mixture 10 minutes. Add salt, pepper and milk. Heat slowly to boiling point. Sprinkle paprika on each bowlful of chowder. Serves 6.

Optional: Add seafood seasoning to taste.

-• EXTRA RECIPES •-

Meats
& Main Dishes

Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3-7 lb.	30-40	325	175 F
Leg	5 lb.	25-30	325	170 F
Picnic shoulder	5-10 lb.	40	325	175 F
Shoulder, butt	3-10 lb.	40-50	325	170 F
Boned and rolled Shoulder	3-6 lb.	60	325	170 F
BEEF				
Standing ribs - rare	3-7 lb.	25	325	135 F
- medium	3-7 lb.	30	325	165 F
- well done	3-7 lb.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes				
LAMB				
Shoulder- well done	4-10 lb.	40	325	190 F
- boned and rolled	3-6 lb.	40	325	182 F
Leg- medium	5-10 lb.	40	325	175 F
- well done	3-6 lb.	40-50	325	182 F
Crown- well done	3-6 lb.	40-50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lb.	30-40	325	170 F
	8 lb.	30-40	325	175 F
Boneless butt	2 lb.	40	325	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb.	20	325	175 F
	Half Hams	25	325	170 F
VEAL				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
POULTRY				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over 5 lb.	30	325	170 F
Turkey	8-10 lb.	20	325	175 F
	18-20 lb.	14	325	175 F
Duck	5-10 lb.	30	325	175 F

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MEATS & MAIN DISHES

SWEET AND SOUR PORK

2 Tbsp. oil
1 lb. pork, cut in 1-inch cubes
1 (15 ¼ oz.) can pineapple chunks
½ c. dark Karo syrup
¼ c. vinegar
2 Tbsp. ketchup
2 Tbsp. soy sauce
1 clove garlic, minced
2 Tbsp. cornstarch
½ c. green peppers, sliced
2 Tbsp. water

Brown pork in oil. Add first 6 ingredients. Simmer 10 minutes. Add peppers, cornstarch and water. Simmer another 3 to 5 minutes. Serve over rice.

Virginia H. Hare, R.N.

LAZY DAY GOULASH

1 lb. ground beef
1 medium onion, chopped
1 pkg. Kraft macaroni and cheese
1 (32 oz.) jar spaghetti sauce
sliced American cheese (optional)

Brown ground beef and onion in large skillet. Prepare macaroni and cheese according to package directions. Combine ground beef mixture, macaroni and cheese and spaghetti sauce in large casserole. Top with cheese and bake at 350° for 30 minutes.

Rosie

CRABMEAT CASSEROLE

1 can mushroom soup
1 ½ c. Pepperidge Farm herb stuffing
½ c. mayonnaise
12 oz. crabmeat

Blend all ingredients. Pour in greased casserole. Bake at 350° for 40 minutes.

Dr. Eric Ross

CRAB ENCHILADAS

1 doz. blue crabs
1 green pepper, chopped
2 large onions, chopped
2 Tbsp. olive oil
2 ½ cans tomatoes
2 tsp. McCormick's powdered seafood seasoning
⅛ tsp. thyme
⅛ tsp. oregano
salt to taste

Clean raw crabs. Saute pepper and onion in oil until tender but not brown. Add tomatoes; simmer for 20 minutes. Add crabs (crack claws) and seasonings. Bring to boil and simmer for 20 minutes.

CHICKEN ROMANO

2 to 2 ½ lb. broiler fryer pieces
2 Tbsp. vegetable oil
salt and pepper to taste
1 medium onion, cut in halves
1 (12 oz.) bottle hot chili sauce
1 tsp. dried oregano leaves
Parmesan cheese

In large frying pan, brown chicken in oil. Season with salt and pepper and add onion. Cover and cook 30 minutes. Stir in chili sauce and oregano. Cook 10 minutes, uncovered, basting often. Skim off fat from sauce. Serve with sauce over the chicken. Sprinkle cheese over the top. Serves 4 to 5 persons.

From a "hot tomato"

DELICATE MEAT LOAF

1 ½ lb. lean ground beef
1 beaten egg
½ c. sour cream
3 green onions (scallions), cut up
8 to 10 saltines, crushed
1 Tbsp. Dijon mustard

Preheat oven to 350°. Mix all ingredients and form into a loaf shape. Place in pan. Bake for 1 hour. Cool for 5 to 10 minutes before slicing. Serves 6.

Kathy Collett

MARYLAND DEVILED CRAB

2 c. soft bread crumbs
1 c. milk or cream
1 egg, well beaten
1 tsp. dry mustard
1 tsp. salt
½ tsp. cayenne
1 lb. fresh or frozen lump crabmeat, fiber removed
2 tsp. grated lemon rind
1 Tbsp. each freeze dried red and green peppers
¼ c. butter or margarine, melted

Mix 1 ½ cups of the crumbs with milk. Beat until blended. Beat in eggs. Stir in dry mustard, salt and cayenne. Fold in crabmeat, lemon rind, red and green peppers. Pour mixture into a well-buttered 1 quart casserole or into 6 to 8 small individual casseroles. Top with remaining ½ cup bread crumbs. Spoon melted butter evenly over the

top of the casserole. Bake in a preheated moderate oven (350°) for 25 to 30 minutes or until lightly browned.

Mary Green

SKILLET LASAGNA

16 oz. ground turkey
½ c. chopped onions
8 oz. can drained mushrooms
1 c. part-skim Ricotta cheese
3 oz. uncooked noodles
2 c. canned crushed tomatoes
½ tsp. each salt, garlic powder and oregano
1 tsp. basil
4 tsp. grated cheese

In large skillet, saute turkey, onions and mushrooms. Drain off excess moisture. Return to heat. Spread Ricotta evenly over turkey, then sprinkle noodles over Ricotta. Add tomatoes and seasonings. Cover and cook over medium heat about 20 minutes. Sprinkle with cheese. Serve. Makes 4 servings.

Sue Burrell

LASAGNA

1 ½ lb. ground beef
1 clove garlic, peeled and crushed
2 Tbsp. parsley flakes
1 ¼ tsp. salt
½ tsp. dried oregano leaves
½ tsp. sugar
⅛ tsp. pepper
1 lb. Mozzarella cheese, sliced thin
1 (6 oz.) can tomato paste
2 (15 oz.) cans tomato sauce
½ c. water or ½ c. red wine
1 ½ c. Ricotta cheese
1 egg, slightly beaten
6 to 8 uncooked lasagna noodles
½ c. grated Parmesan cheese

Place ground beef in bowl, break up with fork. Cook 2 minutes at a time until no longer pink. (This will take about 6 minutes.) Drain fat. In the meat bowl, stir in garlic, 1 tablespoon parsley flakes, ¾ teaspoon salt. Add oregano, basil, sugar, tomato paste, sauce (or Prego) and water (or wine). Heat 4 minutes or until sauce is bubbly. Cover dish. Combine Ricotta, egg, remaining parsley flakes, remaining salt and pepper in a small bowl. Add Parmesan cheese now. Mix well. Pour enough meat sauce into a 13 x 9-inch baking dish to just cover the bottom. Add layers of ½ of the noodles, ½ the Ricotta cheese, ½ of Mozzarella slices and ½ of the remaining meat sauce. Repeat. Top with Parmesan cheese (¼ cup). Cover with plastic wrap and heat for 20 minutes on high. Let stand for 20 minutes, covered.

Karen Austin

SHORT COOK TURKEY

1 ½ qt. water
1 apple
2 stalks celery
2 medium onions
12 lb. turkey

Prepare turkey as desired. Preheat oven to 450°. Put turkey in large pan (preferably with rack) with water, apple, celery and onions. Cover and cook for 1 hour. Turn off oven and let stay overnight. Do not open door. Will not cook all the way through if door is opened. For larger turkeys, add 5 minutes per extra pound.

QUICK CHICKEN CASSEROLE

chicken pieces or diced chicken
1 c. Uncle Ben's rice
1 c. water
1 can cream of celery soup
1 can cream of chicken soup

Combine all ingredients. Place in a 1 quart casserole dish and place chicken on top. Cook at 350° for 1 hour.

Jan Lesight

SHRIMP SCAMPI

2 ½ lb. unpeeled fresh shrimp
1 c. butter
¼ c. olive oil
1 Tbsp. parsley flakes
1 Tbsp. lemon juice
¾ tsp. salt
¾ tsp. garlic powder
¾ tsp. dried whole basil
½ tsp. dried whole oregano
hot cooked rice

Peel and devein shrimp. Place in a single layer in a 15 x 10 x 1-inch jelly roll pan. Set aside. Combine the other ingredients and pour over shrimp. Bake at 450° for 5 minutes, 4-inches from the heat, until well done. Serve over hot, cooked rice.

Paul Kloos
Naples, FL

SWEET AND SOUR MEATBALLS

1 lb. ground chuck

Sauce:

¾ c. catsup
½ c. water
3 bay leaves
2 Tbsp. Worcestershire sauce
4 Tbsp. vinegar
4 Tbsp. brown sugar
pinch of dry mustard
2 gingersnaps

Roll ground chuck into 30 to 40 small balls. Drop into salted, boiling water. Boil 20 minutes. Drain and add to sauce. Cover and simmer for 1 hour. Pasta pot good for all of these operations.

MOUSSAKA

3 eggplants
3 eggs, separated
½ c. olive oil
salt and pepper
½ tsp. thyme
2 onions, chopped fine
2 small cans tomato paste
1 stick butter
1 c. milk
3 Tbsp. dried parsley
1 lb. coarsely grated Swiss cheese
grated Parmesan cheese
Progresso bread crumbs
1 ½ lb. ground meat

Slice the eggplants, rind and all, ¼-inch thick. Salt each slice thoroughly and set aside in a large bowl for 20 minutes (this is to remove poisons). Brown the onions in butter. Add the beef and saute until brown. Season with 1 ½ teaspoons salt, pepper and thyme and add the tomato paste. Rinse and drain the eggplant. Saute the slices until golden in olive oil (do not substitute). Butter and cover a 4 quart casserole with bread crumbs. Beat the egg whites stiff and fold into meat mixture, then add 3 tablespoons bread crumbs and mix well. Retaste for seasoning. Beat the egg yolk with milk and Swiss cheese. Layer in casserole the first layer of eggplant, then meat mixture, then cheese mixture. Repeat layers and make sure the top layer is cheese mixture. Sprinkle the Progresso bread crumbs over this and top with Parmesan cheese and parsley. Bake at 350° for 30 minutes. Serves 8. Freezes well.

Virginia Wallace

SMOTHERED CHICKEN

2 ½ to 3 lb. fryer, cut up
1 Tbsp. salt
1 tsp. pepper
1 tsp. paprika
1 c. flour
3 Tbsp. vegetable oil
3 Tbsp. margarine
⅓ c. water
2 Tbsp. coating flour
1 ½ c. milk
salt
pepper
1 tsp. poultry seasoning
¼ tsp. onion salt
Gravy Master to darken

Wash chicken and pat dry. Combine salt, pepper, paprika and flour. Roll chicken in mixture. Heat oil and margarine in large

frypan. Add chicken and brown on all sides. Add water. Cover and simmer until tender, approximately 30 minutes. Remove chicken. Make gravy with remaining ingredients and return chicken to pan and simmer 10 to 15 minutes. If using electric frypan, set at 325° to 350° for browning and then simmer as above.

Joanie Diffenderfer, R.N.
Citrus Memorial Hospital
11 to 7 Supervisor

SAUSAGE AND POTATO CASSEROLE

3 or 4 potatoes, sliced thin
1 onion, sliced
1 can mushroom soup
⅓ c. water
1 lb. sausage, Kielbasa or smoked, sliced

Place layer of potatoes in greased casserole. Add layer of onions, then layer of sausage. Repeat layers until all ingredients are used. Dilute soup with water; pour over casserole. Sprinkle pepper over top. Cover and bake at 300° for 1 hour. Remove lid and bake for 30 minutes.

Joanie Diffenderfer, R.N.
Citrus Memorial Hospital
11 to 7 Supervisor

SALISBURY STEAK

1 lb. ground round
1 egg
1 onion, chopped
1 green pepper, chopped
1 Tbsp. Worcestershire sauce
salt and pepper to taste

Mix together well. Form steaks. Cover with mushroom soup mixed with ⅓ cup water, Worcestershire sauce and ½ cup chopped onion.

Bake at 350° for 45 to 60 minutes or fry steaks in large frypan until browned on both sides. Cover with soup mixture and simmer covered for 30 minutes. Serves 4.

Joanie Diffenderfer, R.N.
Citrus Memorial Hospital
11 to 7 Supervisor

SWEET BARBECUE SAUCE WITH SPARERIBS

1 small onion
½ green pepper
4 Tbsp. margarine
1 ½ c. water
1 ½ c. brown sugar
2 cans Contadina tomato paste
⅓ c. lemon juice
1 Tbsp. Worcestershire sauce
⅓ c. vinegar
1 tsp. salt
¼ tsp. black pepper
⅛ tsp. cinnamon
1 tsp. dry mustard
1 tsp. chili powder
½ c. chili sauce
½ c. ketchup

Brown onion and green pepper in margarine. Add water and simmer for about 10 minutes. Mix the remaining ingredients and add to the onion and green pepper mixture. Simmer slowly for about 30 minutes until thickened. Stir mixture frequently, as it sticks readily. Store in refrigerator. (Can be used for barbecue chicken, ribs or frankfurters.) Makes about 1 ½ pints of sauce.

Cover ribs with water and add salt to taste. Simmer until tender. Drain. Brush with barbecue sauce and brown over hot charcoal or under the broiler.

Mildred Minke

SWEET AND SOUR PORK

1 lb. pork tenderloin, cubed into 1-inch bites
2 Tbsp. oil
1 small chopped onion
¼ c. vinegar
1 Tbsp. cornstarch
1 tsp. salt
⅛ tsp. pepper
1 medium can pineapple chunks, drained
¼ tsp. ginger
½ c. currant jelly
1 green pepper, cut into strips
1 red pepper, cut into strips

In skillet, brown pork in hot oil. Add onion. Cover and simmer for 20 minutes. Combine vinegar, cornstarch, salt, ginger and pepper. Add with jelly and pepper strips to skillet mixture. Bring to a boil. Stir, cover and simmer for 5 minutes. Add pineapple chunks and leave on heat only long enough to heat pineapple. Serve over rice.

Setsu Phoenix

WOK LASAGNA

6 lasagna noodles, broken up (4 oz.)
1 c. cream-style cottage cheese
4 oz. soft style cream cheese
1 c. shredded Mozzarella cheese (4 oz.)
2 Tbsp. grated Parmesan cheese
¼ c. Parmesan cheese (2 oz.)
½ tsp. Italian seasoning
¾ lb. lean ground beef
1 clove garlic
15 ½ oz. jar spaghetti sauce with meat

In large saucepan, cook noodles in boiling water, 10 to 12 minutes or until tender. Drain noodles, set aside. In medium bowl, stir together cottage cheese, cream cheese, ½ Mozzarella, the ¼ cup Parmesan cheese and Italian seasoning. Set aside. Preheat pan over high heat. Break up meat. Stir-fry meat and garlic for 2 to 3 minutes or until meat is brown. Spoon off fat. Stir in spaghetti sauce and noodles. Spoon cottage cheese mixture over noodle mixture in pan. Sprinkle with the remaining Mozzarella cheese and 2 tablespoons Parmesan. Reduce heat. Cover and cook 5 minutes or until heated.

Ruth Perry

RECIPE FOR A HAPPY HOME

3 c. harmony
2 c. love
4 tsp. understanding
1 tsp. courtesy and thoughtfulness

Sift together thoroughly, then stir in 1 cup undiluted humor and an equal amount of work and play. Add 3 teaspoons responsibility. Season to taste with study and culture; then fold in 2 generous amounts of worship. Place in a pan well-greased with security and line with friendliness. Allow to set in an atmosphere of democratic planning and mutual sharing. Bake in a moderate oven. When well done, remove and top with a thick coating of Christian standards and ideals.

Jean Kaufman

TUNA BURGERS

1 (6 ½ oz.) can tuna
1 c. chopped celery
½ c. cut up American processed cheese
1 small onion, minced
¼ c. salad dressing
salt and pepper to taste

Mix all ingredients. Spread tuna mix on 4 buttered hamburger buns. Wrap buns in aluminum foil and place on cookie sheet. Bake 15 minutes at 350°.

Sue Gloyd

FISH FILLETS WITH PARSLEY PECAN SAUCE

2 c. fresh parsley leaves, tightly packed
½ c. olive oil
½ c. pecans or walnuts
1 large clove garlic, chopped
½ c. grated Parmesan cheese
½ c. grated Romano cheese
2 Tbsp. butter, cut into pieces
salt to taste
2 c. all-purpose flour
1 Tbsp. cayenne pepper
1 Tbsp. plus 1 tsp. salt
6 (5 oz.) fish fillets
2 or more Tbsp. vegetable oil
2 or more Tbsp. unsalted butter

First, make the sauce. Coarsely chop the parsley in a food processor. Add the next six ingredients and process into a smooth paste. Correct the seasoning with salt. Store, tightly covered in refrigerator until ready to use (freezes well). Shake the flour, cayenne pepper and salt together in a bag. Spread on a platter; dredge each fillet, shaking off excess. Set fish on a sheet of waxed paper. Put half the oil and butter in a skillet big enough to hold three fillets at a time. When batter is foaming but not brown, saute fillets for about 4 minutes (until light golden on the first side) before turning. Spread the cooked side with a spoonful of the parsley-pecan sauce. Cover the pan and continue to saute until the underside is browned, about 4 minutes. Add the rest of oil and butter. Repeat this process with the other fillets. You may reheat the fillets under the broiler before serving. Serves 6.

Lee Bailey

CRABMEAT CASSEROLE

2 (10 ¼ oz.) cans frozen potato soup, thawed
2 (6 oz.) pkg. frozen crabmeat, thawed
½ c. cream
¼ c. minced parsley
1 Tbsp. lemon juice
½ tsp. salt
1 c. fresh buttered bread crumbs
¼ tsp. curry powder (optional)

Mix all ingredients except bread crumbs. Turn into individual baking dishes or in 1 large casserole. Top with bread crumbs and bake at 350° for 30 minutes. Serves 8.

Angel Goede

BARBECUED BEEF LOAVES

1 ½ lb. ground chuck
⅓ c. fine dry bread crumbs
1 Tbsp. instant minced onion
¼ c. shredded raw carrot
2 tsp. salt
⅛ tsp. pepper
1 c. evaporated milk

Barbecue Sauce:

⅓ c. brown sugar
1 tsp. dry mustard
¼ tsp. ground cloves
¼ tsp. allspice
1 Tbsp. flour
½ c. tomato catsup
1 Tbsp. lemon juice

Combine all ingredients for loaves and mix well. Shape into six individual loaves and place in 8-inch square baking dish. Bake at 350° for 20 minutes.

Meanwhile, prepare barbecue sauce by combining all ingredients except the last two. Mix thoroughly and then stir in catsup and lemon juice. Spoon sauce over beef loaves after 20 minutes and bake 30 minutes longer. If you wish, garnish loaves with onion rings before spooning on sauce. Makes 6 servings.

Norman Helsing

CREOLE COURT BOUILLON

4 to 5 lb. red fish
½ c. cooking oil
2 Tbsp. flour
3 c. onions, finely chopped
1 large green pepper, chopped
1 large can tomatoes
1 c. celery, chopped
1 lemon, thinly sliced
3 cloves garlic, minced
1 tsp. Worcestershire sauce
salt and pepper to taste
⅓ c. minced parsley
1 c. white wine

Heat oil. Add flour and cook to medium brown. Add onions and cook until transparent. Add tomatoes, green pepper, celery and garlic and cook slowly for about 25 minutes. Add 1 cup of the water and allow to cook down again, then add remainder of water, fish, Worcestershire sauce, salt, pepper and parsley. Let simmer 20 to 25 minutes. In the last five minutes of cooking, add the wine and sliced lemon. Serve over bowls of cooked rice.

Rachael Chappuis

SULZ

1 large veal knuckle
6 pig knuckles (shanks)
1 bay leaf
½ c. whole mixed spices
1 large onion, sliced
1 Tbsp. sugar
1 Tbsp. salt
¼ tsp. pepper
1 ½ c. vinegar

Cook meats, onion, salt, pepper and bay leaf in water to cover until meat is tender and falls from bones (about 3 to 4 hours). Remove meat from liquid. Chop coarsely. Strain liquid; add sugar, vinegar and spices tied in bag. Boil 30 to 40 minutes. Rinse two bread pans in cold water. Pour in prepared meat and liquid. Cool; place in refrigerator for 24 hours to harden. Serve in slices. This is a hearty holiday dish.

Wilma Koehler

CHINESE PEPPER STEAK

¼ c. olive oil
¼ c. soy sauce
1 tsp. sugar
½ tsp. ground ginger
2 large tomatoes, cut into eighths
2 large green peppers, cut into strips
1 Tbsp. cornstarch
1 c. water
1 lb. round steak, cut in thin strips, about 1 x 3-inch

Brown steak in oil. Add soy sauce, ginger, sugar and water. Simmer about 45 minutes or until meat is tender. Add tomatoes, peppers and cornstarch and cook gently about 8 minutes. Serve with rice.

Esther Sjoberg

ONE DISH MEAL

4 to 6 pork chops
¾ c. rice, long grain
1 can tomato soup

Brown pork chops in frypan. Arrange them in glass 2 quart baking dish in single layer (approximately 9 x 13-inch). Pour rice over chops and soup. Add water until covered. Cover with foil and bake at 350° until rice is done. Serve with salad.

MEAT PATTIES

meat patties

Buy meat patties at the store. Put in microwave for 10 to 20 minutes.

Marsha Wiles

BAKED CLAMS IN CLAM SHELLS

1 can minced clams
¼ c. bread crumbs
1 tsp. garlic or 2 buds
1 Tbsp. diced onion
1 tsp. parsley
⅛ tsp. salt
⅛ tsp. oregano
2 Tbsp. oil
Parmesan cheese

Saute garlic, onion, parsley, oregano and bread crumbs in oil for 2 minutes, mixing thoroughly. Add minced clams. Spoon into clam shells. Sprinkle with cheese. Place on baking sheet. Bake at 370° for 25 to 30 minutes or until crust forms.

Midge Beechman

BREAKFAST CASSEROLE

1 lb. bulk sausage
¾ lb. Cheddar cheese
18 to 20 eggs
2 c. milk
1 tsp. dry mustard
1 loaf white bread, crustless, cut into cubes

Cover bottom of a baking dish with crustless bread cut into cubes. Brown sausage and drain. Spread sausage and shredded cheese over the bread cubes. Beat the eggs. Add milk and dry mustard. Pour over the mixture in pan. Cover and refrigerate for 12 hours or overnight.

Bake, uncovered, at 325° for 1 hour or until set. If browning too fast, cover with foil. Cut into squares and serve with fresh fruit garnish. Serves 10.

Sharyn Hunter
Activities Director
Cypress Cove Care Center

GROUND BEEF STROGANOFF

1 lb. ground beef
½ c. chopped onion
1 (4 oz.) can sliced mushrooms, drained
½ tsp. garlic salt
½ tsp. dry mustard
½ c. Hellmann's real mayonnaise
½ c. dairy sour cream
½ c. beef bouillon
hot rice or noodles

Saute first 5 ingredients in skillet until beef is browned and onion is tender. Drain fat. Combine next 3 ingredients; stir into meat mixture. Cook over low heat 10 to 15 minutes or until hot. Serve over rice or noodles. Serves 4.

TUNA PATE

1 (8 oz.) pkg. cream cheese, softened
2 Tbsp. chili sauce
2 Tbsp. parsley
1 tsp. minced onion
½ tsp. hot sauce
2 (7 oz.) cans white tuna, drained and flaked

Blend cream cheese, chili sauce, parsley, onion and hot sauce. Add tuna, mix well and pack firmly in a 4 cup serving bowl. Chill 4 hours. Unmold and serve with crackers. Makes 4 cups.

Loy George

ELEGANT SHORT RIBS

2 lb. beef short ribs
½ c. flour
1 tsp. salt
¼ tsp. pepper
1 large onion, chopped
1 green pepper, chopped
3 Tbsp. melted butter
1 (10 ½ oz.) bouillon
1 c. red wine
¼ tsp. thyme
1 (4 oz.) can button mushrooms

Dredge short ribs in flour mixture (salt and pepper). Brown in 500° oven for 20 minutes on baking rack. Saute onion and pepper in butter; add bouillon, wine and thyme. Place short ribs in 3 or 4 quart casserole. Pour bouillon mixture over ribs. Cover and bake at 325° for about 2 hours. Add mushrooms about 20 minutes before serving.

Carol and Don Adams

CHEESE AND PASTA IN A POT

2 lb. ground beef
vegetable oil
2 medium onions, chopped
1 garlic clove, crushed
1 jar spaghetti sauce (14 oz.)
½ lb. Mozzarella cheese, thin
1 can stewed tomatoes
1 can sliced, broiled mushrooms (3 oz.)
8 oz. shell macaroni
1 ½ pt. dairy sour cream
1 pkg. sliced Provolone cheese, thin

Cook ground beef in a little vegetable oil in a large, deep frying pan until brown, stirring often with a fork. Drain off any excess fat. Add onions, garlic, spaghetti sauce, stewed tomatoes and drained mushrooms; mix well. Simmer for 20 minutes or until onions are soft. Meanwhile, cook macaroni shells according to package directions; drain and rinse with cold water; pour half the shells into a deep casserole. Cover with half the tomato/meat sauce. Spread half the sour cream over sauce. Top with slices of Provolone cheese, repeat ending with slices of Mozzarella cheese. Cover casserole. Bake at 350° for 35 to 40 minutes. Remove cover and continue baking until Mozzarella melts and browns lightly. Serves 8.

GLENN'S CHILI

1 ½ lb. ground beef
1 medium onion
¼ green pepper
1 can whole or crushed tomatoes
1 can chili beans
1 can dark red chili beans
1 small can tomato sauce
2 Tbsp. chili powder
1 Tbsp. sugar
1 Tbsp. black pepper
1 tsp. salt

Brown ground beef, onion, green pepper and garlic (chopped). Drain grease. Add whole or crushed tomatoes, chili beans, kidney beans and tomato sauce. Do not drain cans. Add seasonings. Cook 30 minutes or longer.

Glenn Noegel

ROAST DUCKLING A L'ORANGE

1 (5 lb.) duckling
2 oranges
salt and pepper
½ c. consomme
½ c. orange juice
1 tsp. cornstarch
thin slices of oranges, unpeeled

Sprinkle body cavity of duck and salt and pepper. Truss bird. Put on rack of shallow roasting pan. Peel oranges and cut into quarters. Scrape white peel and cut enough peel to make 1 tablespoon. Add to consomme. Prick skin or score to allow fat to drain from duck. Roast, uncovered, at 325° for 3 hours. Baste occasionally with liquid from pan. When duck is done, remove to hot platter. Pour off all but ½ cup of liquid. Add orange juice to liquid. Blend in cornstarch with small amount of water. Stir into sauce. Cook and stir into sauce

until thickened. Pour over duck and garnish with fresh orange slices.

J.J.P.

CHICKEN SURPRISE

dried beef or chipped beef
4 skinless chicken breasts
4 slices bacon
1 (8 oz.) container sour cream

Preheat oven to 250°. Place beef in bottom of casserole pan. Wrap 1 slice of bacon around each chicken breast. Place on top of beef. Mix sour cream and soup. Pour over chicken. Bake for 3 hours without opening oven. Serve over rice, noodles or by itself.

Tina Chandler

NADINE'S LASAGNA

Filling:

2 lb. Ricotta cheese
1 egg
parsley to taste
salt and pepper to taste
1 tsp. garden mint

Sauce:

your recipe

Meatballs:

1 lb. ground beef
salt and pepper to taste
garlic to taste
1 egg
1 c. Parmesan cheese
1 large box lasagna

Filling: Mix all together with potato masher. Refrigerate.

Meatballs: Mix together. Shape into balls. Fry in 1 tablespoon oil until brown. Add to serve.

Cook noodles as directed. In lasagna pan, layer noodles, cheese mixture, sauce. End with sauce. Sprinkle with Parmesan cheese. Bake at 350° for 1 hour.

Nadine Kulikowski

GRANDMA'S CHICKEN SOUP

4 chicken breasts, boned and skins removed
1 medium onion, chopped
2 stalks celery, chopped
1 parsnip, chopped
½ lb. ditalini, tiny (or any suitable macaroni or rice)
salt and pepper to taste
Italian grated cheese

Place all ingredients, except macaroni in 8 quart soup pot. Add 6 quarts water. Cover and bring to a boil, then simmer for 2 to 3 hours. Remove chicken breasts. Pull meat apart with forks. Bring soup to a boil. Add macaroni, stirring occasionally until macaroni is soft. Lower heat, add chicken back to soup. Simmer at least 20 minutes more. Serve with 1 teaspoon grated Italian cheese. Servings 6 to 8.

Cynthia S. Cino

GROUND BEEF MEAL

1 lb. ground beef, browned
1 can Cheddar cheese soup
1 can cream of mushroom soup
1 box Tater Tots

Preheat oven to 350°. Place ground beef in bottom of casserole dish. Spoon in and spread Cheddar cheese soup. Spoon in and spread cream of mushroom soup. Top with Tater Tots. Cook approximately 1 hour.

Tina Chandler

FISH CAKES
(Croquettes)

1 ½ lb. fillets of fish
1 medium onion, chopped
1 green pepper (optional)
2 eggs
1 c. seasoned bread crumbs
¾ c. mayonnaise
salt and pepper to taste

Filet, skin and wash fish. Pack and cool in water for about 8 minutes. Rinse and flake in a large bowl. Add onion, green pepper, eggs, bread crumbs, mayonnaise and salt and pepper. Mix well and form cakes in a large tablespoon. Place in frying pan with margarine. Fry until crisp, turn over gently. Fry slowly. Do not burn. Cakes are very tasty. Make ahead and freeze.

Variations: Cook rice or noodles. Place in casserole and add fish cakes on top. Thin can of cream of celery soup with ½ cup milk. Top with buttered bread crumbs. Brown in oven for 20 minutes or less.

SPANISH PORK CHOPS

4 shoulder pork chops, ¾-inch thick
1 Tbsp. shortening
½ c. raw rice
1 c. sliced onions
2 tsp. salt
¼ c. minced green pepper
¼ tsp. pepper
½ tsp. paprika
1 tsp. sugar
1 c. tomatoes (20 oz.)

Set dial on the thermostatically controlled top burner at 325° and brown shoulder pork chops in shortening in a 10-inch skillet. Add rice, onions, pepper, salt, green pepper, paprika, sugar and tomatoes. Cover skillet and cook at dial setting 200° for approximately 1 ¼ hours. Serves 4.

G. Horton

SAUERBRATEN WITH POTATO DUMPLINGS

2 lb. potatoes
½ c. flour
½ tsp. pepper
1 egg
½ tsp. salt
⅛ tsp. nutmeg
1 c. croutons

Select piece of beef as for pot roast. Put in deep dish, sprinkle with salt. Half cover with vinegar diluted with equal amount of boiled water. Add one sliced onion, 2 bay leaves, 2 tablespoons mixed spice and 2 tablespoons sugar. Cover and let stand at least 2 days, turning several times. Take meat out of liquid, brown and cook like pot roast, using 1 cup of strained liquid. Put a bag of mixed spices in a kettle if you like a very highly seasoned dish. Add more liquid as meat cooks. Thicken gravy with 1 tablespoon flour stirred into ½ cup sour cream or with 4 ginger snaps.

Elisabeth Yanhko

ALLIGATOR PARMESAN

1 lb. alligator
1 egg, beaten
2 Tbsp. milk
Italian bread crumbs
1 can spaghetti sauce
½ lb. grated Mozzarella cheese
½ c. oil

Pound alligator until flat. Cut in portion sizes. Mix together egg and milk. Dip alligator in egg mix then bread crumbs. Fry in pan with oil until brown. Place in baking pan. Pour spaghetti sauce over alligator. Sprinkle grated cheese over top. Bake until cheese melts and is slightly brown.

Stephan Zane, Jr.

CAVATINI

1 lb. ground beef
1 medium onion, chopped
½ lb. pepperoni, sliced
1 small can mushrooms, drained
1 (13 oz.) jar spaghetti sauce
¼ lb. curly noodles
¼ lb. shell macaroni
1 clove garlic, chopped
1 medium green pepper, chopped
½ lb. Mozzarella cheese, grated

Cook and drain noodles and macaroni. Brown ground beef; add garlic, onion and green pepper. Cook until tender; stir often. Drain. Stir in pepperoni, mushrooms and spaghetti sauce. Combine noodles and macaroni. Layer noodle mixture, cheese and ground beef mixture alternately in greased 9 x 13-inch baking dish. Bake at 375° for 35 to 40 minutes or until bubbly. Serves 8 to 10.

Dianna Wade

BARBECUED SPARERIBS

Sauce:

½ c. ketchup
1 ½ tsp. salt
¼ tsp. Tabasco sauce
⅛ tsp. chili powder
1 c. water
½ tsp. mustard
1 Tbsp. brown sugar

Put ribs in roasting pan. Slice onion on top. (Country style ribs work best.) Pour over ribs and bake at 350° for 2 to 2 ½ hours.

Nadine Kulikowski

BAKED SNAPPER FILETS

3 ½ lb. boned filet snapper
6 sprigs fresh parsley
6 sprigs fresh sage
1 chopped tomato
12 pieces julienned orange peel
6 pats butter
6 fillets of anchovies
salt and pepper

Preheat oven to 450°. Prepare 12-inch foil square for each snapper filet. Butter one side of each foil square and place one filet in center of each. Top each with tomato, 2 pieces of orange peel, an anchovy, 1 sprig each of parsley and sage, a dash each of salt and pepper and a pat of butter. Fold up foil like an envelope; place foil packets on a cookie sheet. Bake for 10 to 15 minutes, until flesh flakes easily. Remove herbs, anchovy and orange peel before serving. Makes 6 servings.

Jan Robertson

ZESTY GRILLED PORK CHOPS

¾ c. soy sauce
¼ c. lemon juice
1 Tbsp. chili sauce
1 Tbsp. brown sugar
1 garlic clove,minced
6 rib or loin pork chops, about 1 ½-inch thick

Combine first five ingredients. Place chops in a glass baking dish and pour marinade over. Cover and refrigerate 3 to 6 hours or overnight. To cook, remove chops from marinade and grill or broil 4-inches from heat to desired doneness. Brush occasionally with marinade.

Fred Perry

CHEESE N CHICKEN ENCHILADAS

1 medium onion, chopped
2 Tbsp. margarine
1 ½ c. shredded, cooked chicken
12 oz. picante sauce, divided
3 oz. cream cheese, cubed
1 tsp. ground cumin
2 c. shredded extra sharp Cheddar cheese, divided

Preheat oven to 350°.

Cook and stir margarine in large skillet until melted. Stir in chicken, ¼ cup picante sauce, cream cheese and cumin until thoroughly heated. Stir in one cup of cheese. Spoon in about ⅓ cup chicken mixture in center of each tortilla; roll up. Place seam side down in baking dish. Top with remaining picante sauce and cheese. Bake 15 minutes. Yields 6 servings.

Fred Perry

CHICKEN A LA ORANGE

¼ c. butter
¼ c. orange juice
¼ c. light rum
½ tsp. grated orange peel
½ tsp. salt
¼ tsp. pepper
⅛ tsp. ground ginger
1 large garlic clove, crushed
chicken thighs

Put chicken, skin side up in dish sprayed with Pam. Pour sauce over chicken. Cook at 350° basting occasionally. Can be done with cut up wings as hors d'oeuvres or main dish served with rice and green beans almondine and/or lemon buttered asparagus.

J.J.P.

ALOHA CASSEROLE

2 can condensed cream of mushroom soup
1 c. sour cream
1 c. sliced mushrooms
½ c. grated Parmesan cheese
½ tsp. dry mustard
2 c. cooked lobster or shrimp
1 lb. cooked spinach
toasted coconut or Italian bread crumbs for garnish

Mix and heat soup, sour cream, mushrooms, cheese and mustard. Stir in 2 cups meat, bite size. Make a cross of spinach in a serving dish. Fill in the four large wedges with meat mixture. Garnish on top. Heat at 300° for about 20 minutes.

Gladys Knapp

RED SIMMERED CHICKEN

10 wings
2 scallions, sliced tops and bottoms
¼ c. soy sauce
¼ c. sake or good sherry
½ c. water
1 to 2 Tbsp. brown sugar
small piece ginger, chopped
4 to 5 mushrooms, sliced
3 to 4 Tbsp. honey
2 to 3 cloves garlic
2 to 3 drops sesame oil

Place all ingredients in covered pan and bring to boil. Lower heat and simmer for 30 minutes. Uncover pan and simmer for 15 minutes, stirring frequently.

Marjorie Charette

EASY CHICKEN AND RICE

1 pkg. Mahatma saffron rice
4 skinless chicken breasts
butter
salt
pepper
garlic powder
onion salt
casserole dish with lid

Prepare rice in casserole dish following directions but add 4 tablespoons more water. Place chicken breasts on top of rice. Salt and pepper, garlic powder and onion salt to taste. Dot with butter. Cover casserole. Bake at 350° until rice is light and fluffy and chicken is tender. Both will be done about the same time. Serve with a salad for an easy tasty meal.

Carolyn Adams
PBX Seven Rivers Hospital

DAD'S FAVORITE CHOPS

12 boneless pork chops
2 c. sifted flour
1 Tbsp. salt
2 Tbsp. pepper
2 Tbsp. poultry seasoning
1 Tbsp. oregano
1 Tbsp. white pepper
3 beaten eggs
3 c. crushed saltine crackers
1 c. vegetable oil

Combine flour and all dry spices. Lightly pound pork chops. Completely flour each chop; dip into egg, then into cracker crumbs, then re-flour. In saute pan, heat oil until hot (2 pans may be used for 6 or more servings). Fry chops for 10 to 15 minutes per side, until cooked through. Keep flame medium to low to avoid burning chops. Serves 6.

Jan Robertson

HOT AND SWEET RIBS

3 lb. short ribs
¼ c. soy sauce
1 Tbsp. minced garlic
2 tsp. grated orange peel
2 tsp. grated fresh ginger
¼ tsp. pepper
¼ c. honey
1 Tbsp. soy sauce
1 Tbsp. mustard
1 Tbsp. lemon juice

Trim excess fat from ribs. Lightly score top of ribs. Combine ¼ cup soy sauce, garlic, orange rind, ginger and black pepper. Marinate ribs in mixture for 8 hours or overnight, turning occasionally.

Combine honey, 1 tablespoon soy sauce, mustard and lemon juice in small bowl; set aside. Take ribs from marinade; place on grill 4 to 5-inches from medium low coals. Grill 15 to 18 minutes, turning and basting with marinade. Brush ribs with honey baste mixture. Continue grilling 2 to 3 minutes or until desired doneness. Serves 6.

Jan Robertson

EASY CRUST CHICKEN PIE

1 chicken
1 stick margarine
½ tsp. pepper
1 c. plain flour
2 tsp. baking powder
1 c. milk
1 can cream of celery soup
garlic powder to taste
16 oz. can peas or peas and carrots

Cook chicken and reserve broth. Debone chicken and remove skin. Cut chicken into bite size pieces and place in baking dish. Mix broth with soup. Add garlic powder and pepper. Pour mixture over chicken. Add peas.

Crust: Melt margarine and mix with flour and milk. Add baking powder. Pour mixture over chicken and soup mixture and spread evenly. Bake 30 minutes at 425° until brown.

Fred Stone

Vegetables

How To Can Vegetables

POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button ® is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

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VEGETABLES

SWEET POTATO CASSEROLE

3 c. mashed sweet potatoes
1 c. sugar
2 eggs, well beaten
½ tsp. salt
½ stick margarine, melted
½ c. milk
1 ½ tsp. vanilla extract
½ tsp. cinnamon

Topping:

½ c. brown sugar
⅓ c. flour
1 c. chopped nuts
⅓ c. stick margarine, melted

Combine potatoes, sugar, eggs, salt, ½ stick margarine, milk, vanilla and cinnamon. Beat until fluffy. Spoon into a 1 ½ quart baking dish.

Topping: Combine topping mixture and spread on top of casserole. Bake for 35 minutes at 350°.

Catherine Collins

BAKED BROCCOLI

10 oz. pkg. frozen broccoli
1 can mushroom soup, undiluted
1 medium onion, cut fine
1 c. bread stuffing
5 oz. can Pet milk

Mix together and bake in a 7 x 10-inch baking dish for 1 hour at 350°. Serves 6.

Also good as a casserole. Just add 1 cup turkey or chicken.

Joyce Cousins

POTATO CASSEROLE

2 lb. frozen hash brown potatoes
½ c. melted butter
1 tsp. salt
¼ tsp. pepper
½ c. chopped onion
1 can cream of chicken soup, undiluted
1 pt. sour cream
10 oz. or 2 c. shredded Cheddar
2 c. crushed corn flakes
¼ c. melted butter

Thaw potatoes. Combine with butter and salt and pepper. Add onion, soup, sour cream and cheese. Mix ¼ cup butter with corn flakes. Cover potato mixture with corn flakes and bake.

Marilyn Hayes

ZESTY BEETS

2 c. diced beets
½ c. sour cream
1 Tbsp. horseradish
1 Tbsp. chives
1 tsp. grated onion
salt to taste

Heat all ingredients in double boiler.

Ethel

BROCCOLI CASSEROLE

2 boxes frozen chopped broccoli
1 can cream of mushroom soup
1 can cream of celery soup
½ can (soup can) milk
2 c. Pepperidge Farm herb seasoned stuffing mix
1 medium onion
1 stick margarine

Cook and drain the broccoli. Set aside. Saute the onion in the margarine until transparent. Add the soups and milk. Stir together over low heat until hot. Add the chopped broccoli and stir until mixed. Add the stuffing mix (dry). Mix well. Pour into casserole that has been greased with margarine. Bake at 325° until browned and bubbling around edges, about 25 to 30 minutes.

Barbara Thomas Class XIII

MASHED YELLOW TURNIPS

peeled, yellow turnips
2 to 3 Tbsp. browned butter
salt and pepper to taste

Cut peeled, yellow turnips into cubes (about 1-inch). Cover with boiling, salted water and cook until tender. Drain off water and shake pot over gas flame to dry out as much water as possible. Mash turnips, then force through ricer or blender to remove lumps. Add a small lump of butter and the browned butter. Salt and pepper to taste. Serve with roast chicken, turkey or creamed tuna.

Vincentian Sisters of Charity

FRIED GREEN TOMATOES

green tomatoes
egg
flour
salt

Slice green tomatoes about ½-inch thick. Dip in batter made from egg, flour and salt. A little water (not over a tablespoon) may be added to the egg. When batter is smooth, dip the slices and drop into deep fat to fry until golden brown, or fry in butter, if preferred.

Anne Cmarik

TERIYAKI BEANS

2 can French-style beans, drained
1 can bean sprouts, drained
1 Tbsp. dried onion
½ stick margarine
4 Tbsp. soy sauce

Melt margarine in skillet. Add beans, bean sprouts, onion and soy sauce. Stir. Simmer, uncovered, for 15 minutes, stirring occasionally.

SMOTHERED MUSTARD GREENS

1 gal. water
2 bunches mustard greens
½ c. grease
¼ c. flour
1 medium onion, chopped
salt and pepper to taste
4 slices bacon
1 small bell pepper

To clean mustard greens, fill a large container with warm salted water and soak leaves for 15 minutes, then clean each leaf individually. Heavy stem may be removed at this time, if desired. Meanwhile, have the gallon of water heating to boil. Submerge greens in hot water and boil for 15 minutes, then drain in colander. Make roux with ¼ cup flour, ½ cup grease and 1 onion chopped. Bacon may be added at the same time as onion, and sauteed with the onion. Saute for 3 to 4 minutes. After greens have drained, add them to roux along with bell pepper, salt and pepper. Cook, covered, slowly for 1 hour. Add a little water, if needed. Serves 4 to 6.

Granny Blanchet

SPANISH BLACK BEANS AND RICE

1 pkg. dry black beans
1 ham bone or 1 lb. smoked pork butt
1 medium size onion, chopped
1 bell pepper, chopped
2 cloves garlic, minced
1 bay leaf
1 tsp. salt
1 tsp. pepper
½ c. sherry or Madeira wine

Wash beans and then cover with water and soak overnight. Saute onion, pepper and garlic in small frying pan, then in large soup pot or crock-pot, add drained beans and all the other ingredients. Add 1 quart of water to pot and cook all day on medium temperature, about 10 hours; the longer the better. When done, serve over bed of cooked yellow rice and dice raw onion on top. Serve hot Cuban bread and butter with it and you will go nuts.

Deborah Hamilton-Ford

BLACK SPECKLED GREEN BEANS

12 pitted black olives
1 tsp. capers, drained
2 cloves garlic
1 anchovy fillet
1 Tbsp. olive oil
4 Tbsp. butter
ground pepper to taste

Place first five items in blender or food processor and process until smith. Add butter and pepper and process until blended. Add to cooked, drained beans and toss to coat.

Sally Diehm

CORN CASSEROLE

1 pkg. Jiffy cornbread mix
1 small container sour cream
1 can corn Niblets
1 can creamed corn

Melt some butter in the bottom of a casserole dish. Mix all ingredients together and pour into casserole dish. Spread some melted butter over the top and bake at 350° for approximately 45 minutes or until top is golden brown. You can tell when it is done by the cornbread.

Gail Lindall
Student Services

BAKED SQUASH

squash, per person
1 onion
crackers (saltines)
1 egg
cheese
salt and pepper

Wash squash and cut ends off. Boil whole squash for 3 to 5 minutes (still a little crunchy). Cut squash in half and take a spoon and

scrape the insides out and put in a bowl (scrapings), with chopped onion, egg, crushed crackers, salt and pepper to taste. Mix well. Take mixture and stuff back into the squash. Place cheese on top. Bake for about 20 to 25 minutes. Don't overcook. Crackers thicken the filling.

Terry Jones

FESTIVE SWEET POTATOES

3 c. cooked, mashed sweet potatoes
½ c. sugar
¼ c. milk
⅓ c. margarine, melted
1 tsp. vanilla
2 eggs, beaten
1 c. flaked coconut
1 c. firmly packed brown sugar
⅓ c. all-purpose flour
1 c. chopped walnuts

Combine first 6 ingredients, mixing well. Spoon into a lightly greased 8-inch square baking dish (1 ½ quarts). Combine remaining ingredients; sprinkle over top of sweet potatoes. Bake at 375° for 25 minutes or until golden brown. Makes 6 to 8 servings.

Terri Davis

GARLIC POTATOES

6 to 8 medium potatoes, boiled and cubed
1 large bell pepper, chopped
1 large onion, chopped
3 cloves garlic, crushed
salt and pepper to taste
2 Tbsp. olive oil

Boil potatoes with skin on, set aside. In large skillet with lid saute garlic in olive oil. Add onion and pepper and saute until no longer crisp. Add potatoes, salt and pepper to taste. Cover and simmer for 15 minutes, stirring often. Serves 4 to 6 people.

Sharon S. Hoaglans

POTATO CASSEROLE

2 lb. frozen hash brown potatoes
½ c. melted butter
1 tsp. salt
¼ tsp. pepper
½ c. chopped onion
1 can cream of chicken soup, undiluted
1 pt. sour cream
10 oz. or 2 c. shredded Cheddar cheese
2 c. crushed corn flakes
¼ c. melted butter

Thaw potatoes. Combine with melted butter, salt and pepper. Add onion, soup, sour cream and cheese. Mix ¼ cup butter with corn flakes. Cover potato mixture with corn flakes and bake. Bake for 45 to 60 minutes at 350°. Makes 12 servings.

Cathy Eckstein

POTATO CHIP CASSEROLE

½ lb. potato chips
1 large can tuna
1 can peas, drained
1 can cream of mushroom soup

Crush chips in bag and spread a layer on bottom of baking dish. Spread a layer of tuna over the chips, then a layer of peas. Repeat the layers, ending with chips. Pour the cream of mushroom soup over the top.

Heather Paxton

BEST BAKED BEANS I EVER ATE

2 (16 oz.) cans pork and beans
¾ lb. diced fried bacon
½ small onion, diced
1 c. Heinz ketchup
½ c. brown sugar
1 ½ Tbsp. molasses

In a large bowl, mix all ingredients. Pour into a 2 quart casserole baking dish and cover. Bake 1 hour at 425°. Serves 6 to 8.

Optional: May place 3 or 4 strips of raw bacon on top of beans prior to baking.

Mercedia White

ZUCCHINI

4 eggs
1 c. Bisquick
½ c. oil
3 c. sliced green onion
2 Tbsp. chopped parsley
½ c. grated Romano or Parmesan cheese
1 tsp. salt
½ tsp. pepper
½ tsp. oregano
¼ tsp. garlic powder
½ c. sliced water chestnuts

Preheat oven to 350°. Beat eggs, then add Bisquick and oil and mix well. Stir in all remaining ingredients. Pour into 9 x 13-inch glass baking dish and bake for 25 minutes.

Ruth Perry

SWEET POTATO CASSEROLE

2 lb. sweet potatoes, grated
1 c. sugar
¾ c. white Karo syrup
¼ c. water
2 Tbsp. butter
1 (8 oz.) can crushed pineapple

After grating, put sweet potatoes in a bowl and cover with salted water. Make syrup of sugar, Karo syrup and water. Boil for 5 minutes and add butter. Drain potatoes and put in casserole. Cover with pineapple, stirring just enough to mix. Cover with syrup and bake for 30 minutes at 350°.

Joyce Davis

SPICY STUFFED MUSHROOMS

20 medium mushrooms
1 (8 oz.) pkg. hot ground sausage
1 small onion
4 oz. sharp Cheddar cheese, shredded
¼ c. bread crumbs

Clean and remove stems from mushrooms to make a stuffing hole in the mushroom. Chop the stems and mix with a small chopped onion. Saute with sausage (not Italian), drain off sausage fat, then add bread crumbs and cheese until the cheese melts. Roll the mushrooms in melted margarine. Stuff with the sausage mixture. Place on a cookie sheet and bake at 400° for 8 minutes.

Mary Hayes

BOURBON SWEET POTATOES

4 (1 lb.) cans sweet potatoes
1 c. sugar
¼ c. butter
milk
¼ c. bourbon
½ c. chopped pecans
marshmallows

Heat potatoes in juice. Drain. Mash well. Add sugar, butter, whiskey and enough milk to the consistency of mashed potatoes. Place in buttered casserole. Sprinkle pecans on top. Bake at 350° until bubbling, then cover top with marshmallows and brown. Serves 8 to 10.

Veralyn Allemond

NOODLE RING WITH SPINACH

2 lb. or 1 pkg. frozen spinach
1 small pkg. noodles
2 beaten eggs
½ c. milk
½ lb. grated American cheese
bread crumbs
butter

Cook spinach and noodles separately in boiling, salted water. Drain and chop fine. Into well-greased ring mold, alternate sections of spinach and noodles, placing small amount of cheese between. Mix beaten eggs with milk and pour over mixture. Top with bread crumbs, cheese and pieces of butter. Bake about 15 minutes at 350°. Serves 4 to 6.

Pierre Roy

SAVORY BEETS

1 can beets (regular can)
1 Tbsp. butter
½ tsp. dry mustard
1 Tbsp. vinegar

Drain off all but ¼ cup liquid from whole red beets. Place in a saucepan; add other ingredients. Cover and heat thoroughly. Makes 3 to 4 servings.

Clara Salat

SQUASH CASSEROLE

2 to 3 lb. yellow squash
2 eggs
1 c. milk
1 c. shredded Cheddar cheese
8 to 10 saltine crackers, crushed
Parmesan cheese

Slice squash. Boil until soft. Salt lightly. Drain water. Mash squash. Beat eggs and add to squash. Add milk, cheese and crushed crackers. Add dash of black pepper. Place in buttered casserole. Sprinkle with Parmesan cheese. Bake at 350° for 30 to 45 minutes, until lightly brown on top.

Patty Robinson

BROCCOLI CASSEROLE

1 large bunch broccoli, cut up and cooked
1 can cream of mushroom soup
3 eggs
1 ½ to 2 c. shredded cheese (your favorite)

Slightly beat eggs. Add mushroom soup and mix together well. Combine mixture with cooked broccoli. Fold in shredded cheese and bake in casserole dish 45 minutes to 1 hour at 350°.

Carol Adams

SWEET AND SOUR BAKED BEANS

½ lb. bacon, fried and crumbled (save grease)
3 onions
1 tsp. dry mustard
1 Tbsp. apple cider vinegar
¾ c. dark brown sugar
1 can baked beans, not drained
1 can kidney beans, drained
1 can green limas, drained
2 cans large butter beans, drained

Slice onions thin and fry in bacon grease. Add dry mustard, cider vinegar and brown sugar to onion mixture. Mix onion mixture with beans; mix ¾ of crumbled bacon in beans and sprinkle rest of bacon on top. Bake at 350° for 1 hour.

Jeanette Thomas

-• EXTRA RECIPES •-

-• YOUR FAVORITE RECIPES •-

Recipe	Page Number

Breads, Rolls & Pastries

Baking Tips

COMMON PROBLEMS (Common Failures)	CAUSES OF PROBLEMS (Causes of Failures)
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in too slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening, too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Over-mixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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BREADS, ROLLS & PASTRIES

SLOVAK POPPY SEED ROLLS

4 c. all-purpose flour
1 tsp. salt
1 c. canned milk
2 cakes yeast
1 tsp. vanilla
½ lb. shortening
4 whole eggs

Filling:

1 lb. ground poppy seed
2 c. sugar
1 c. seedless raisins
1 tsp. vanilla
milk

Sift flour and salt. Add vanilla and yeast, which has been dissolved in canned milk. Cut in shortening. Add one egg at a time and beat well after each addition. Mix all ingredients well. Place dough in refrigerator overnight. Next day, roll ¼-inch thick, spread filling and roll (like jelly roll). Brush top with egg yolk to which milk has been added (small amount). Bake 30 to 35 minutes at 350° or until brown.

Clara Matuschak

CHOCOLATE BREAD

3 c. sifted cake flour
3 tsp. baking powder
1 tsp. salt
1 c. brown sugar
1 egg, beaten
¼ c. milk
4 Tbsp. melted shortening
2 sq. chocolate

Sift dry ingredients. Melt shortening with chocolate. Add sugar to dry ingredients, then beaten egg, milk and melted chocolate and shortening. Bake in loaf pan at 350° for 45 minutes.

Lillian Cherney

ALL PURPOSE ITALIAN BREAD

(Rolls, Bread, Pizza Dough)

5 lb. white all-purpose flour
5 pkg. dry yeast
2 Tbsp. salt
6 Tbsp. sugar
6 Tbsp. oil
warm water (enough for right consistency of dough)
sesame or poppy seed (optional)
egg wash (eggs mixed up to brush on top of rolls or bread prior to baking)
cornmeal for pan

Preheat oven to 325°. Mix all dry ingredients in pot large enough to allow for ⅔ expansion of dough rising.

Add oil to warm water and begin to mix dough until right consistency. Dough should be moist and soft but not sticky. Allow to sit for first rising. Cover and place in warm area, approximately 1 hour depending on temperature of room. Punch down. Knead. Let stand for second rising, approximately 30 minutes. Knead dough on floured cutting board. Let rest 20 minutes. Cut off small pieces (about the size of a small tangerine). Shape into round balls. Place on cookie sheet covered with cornmeal. Brush with egg wash, sprinkle with sesame or poppy seed as desired. Let rise to double in size. Bake rolls approximately 12 to 20 minutes or until hollow sound when "thunked".

Bake bread loaves approximately 30 to 45 minutes. Dough can be divided and frozen. Punch down. Double bag. Place in freezer.

Cynthia Cino

MEXICAN CORNBREAD

1 lb. ground beef
8 slices Velveeta
2 bell peppers, small pieces
2 big onion, small pieces
6 jalapenos
2 pkg. Martha White cornbread mix
1 can creamed corn

Saute ground beef, 1 onion, jalapeno and pepper. Set aside. Mix cornbread mix, 1 onion, pepper and 3 jalapeno and corn. Grease 9 ½ x 12-inch baking dish. Place ½ cornbread mix, place meat mixture in middle. Cover with cheese. Place remaining cornbread mixture on top. Bake at 350° for 50 minutes. Serve warm or room temperature.

Pamela Kasper

APRICOT NUT BREAD

2 c. sugar
3 eggs
1 c. corn oil
1 junior jar apricot tapioca baby food
2 ½ c. flour plus 2 Tbsp.
1 tsp. salt
2 tsp. soda, dissolved in a little sour milk or buttermilk
1 tsp. vanilla
1 c. chopped nuts

Bake in 3 small or 2 large loaf pans, greased and floured, at 350° for 30 minutes then at 325° for 30 minutes more.

ZUCCHINI FRUIT NUT BREAD

3 c. flour
3 beaten eggs
1 tsp. baking powder
¾ tsp. baking soda
1 tsp. salt
½ tsp. cinnamon
½ tsp. allspice
1 c. oil
2 c. shredded, unpeeled zucchini
1 c. chopped walnuts
¾ c. raisins
¼ c. finely chopped maraschino cherries
1 ½ c. sugar

In a mixing bowl, sift flour, baking powder, soda, salt and spices. In another bowl, beat oil, eggs, zucchini, nuts, raisins, cherries and sugar. Add flour mix to the zucchini batter, beating to moisten ingredients. Spoon into two greased and floured 9 x 5 x 3-inch loaf pans. Bake at 350° for 60 to 70 minutes. Use wooden pick test. Cool in pans for 15 minutes, then remove to wire racks.

Note: If you roll fruit in flour before adding to batter, it will not sink to the bottom of the cake.

Lillie S. Ponsel

ZUCCHINI BREAD

3 eggs
1 c. oil
2 c. sugar
2 c. zucchini, firmly packed in cup
½ c. nuts (optional)
3 c. flour
2 tsp. cinnamon
1 tsp. salt
1 tsp. baking powder
3 tsp. vanilla
1 tsp. baking soda

Beat eggs until fluffy. Blend with oil and sugar. Add other ingredients. Pour into two loaf pans. Bake at 325° for one hour, then at 350° for an additional 10 minutes.

Kathy Wood

APPLESAUCE AND BACON MUFFINS

2 c. flour
4 tsp. baking powder
1 tsp. salt
1 Tbsp. sugar
1 egg, beaten
1 c. milk
2 Tbsp. melted shortening or oil
12 Tbsp. applesauce
3 strips bacon, finely chopped

Sift dry ingredients together. Add egg and oil, mix together quickly. Put spoonful of batter in greased muffin tin. Place 1 tablespoon of applesauce on top and cover with another spoonful of batter. Sprinkle with chopped bacon. Bake at 450° for 25 minutes. Makes 12 large muffins.

Setsu Phoenix

BEER BREAD

3 c. self-rising flour
2 Tbsp. sugar
1 (12 oz.) can beer, room temperature

Mix together. Bake in greased loaf pan for 1 hour at 350°.

Kathy DeMoya

SOURDOUGH

1 c. flour
¼ c. sugar
1 c. milk

Every 4 to 6 days, add to starter. Never use the same day that you add, and never let the starter get below 1 cup. Keep in tightly covered bowl, refrigerated.

Yvette Speling

SOURDOUGH BREAD

1 c. starter
3 Tbsp. oil
⅓ c. water
1 pkg. dry yeast
2 c. all-purpose flour

Mix well. Knead 8 to 10 minutes. Put in well-greased pan. Let rise 1 hour. Bake for 15 minutes at 400°, then 15 minutes at 350°. Remove from pan and grease top with butter.

Yvette Speling

SOURDOUGH STARTER

1 pkg. dry yeast
½ c. very warm water
2 c. lukewarm water
1 tsp. sugar
2 c. flour

Dissolve yeast in warm water. Stir well, then add the lukewarm water and sugar. Stir well. Stir in flour and mix well. Place mixture in a jar; cover with cheesecloth; leave at room temperature for 2 to 3 days until mixture begins to ferment. When it foams and bubbles, it is ready to use.

It may be used immediately or stored in refrigerator until ready to use.

After starter has been removed for baking, add 1 cup lukewarm water, ½ cup flour and 3 teaspoons sugar for each cup removed. Mix well. Cover jar and let stand until ready to use again.

Yvette Speling

QUICK ROLLS

2 c. hot water
1 tsp. salt
6 level Tbsp. sugar
⅓ c. shortening
1 pkg. dry yeast
5 c. flour

Put water, salt, sugar, shortening, yeast and 2 cups flour in a large bowl and mix well. Add remaining flour and set bowl in a warm place. Cover lightly. Let rise until double in bulk. Put small amount of shortening in sheet pan. Make dough into rolls and place in pan. Place in warm place and let rise until double in bulk. Bake at 400° until golden brown.

Marie Branch

PINEAPPLE NUT BREAD

2 c. flour, sifted
½ c. sugar
1 tsp. baking powder
½ tsp. salt
1 c. raisins
½ c. walnuts, coarsely chopped
1 egg, beaten
1 tsp. vanilla
2 Tbsp. melted shortening
1 c. crushed pineapple, undrained
1 tsp. baking soda

Sift together first four ingredients. Combine egg, vanilla and shortening. Add to flour mixture. Dissolve soda in pineapple and add to mixture. Stir just until blended. Pour into greased loaf pan 8 x 4 x 4-inch. Bake in preheated oven at 350° about 1 hour.

Melanie Brandenburg

BEST EVER BLACK WALNUT MUFFINS

3 ½ c. sifted flour
½ c. sugar
5 tsp. baking powder
1 ½ tsp. salt
2 eggs, well beaten
1 ½ c. milk
⅔ c. oil
3 oz. black walnuts

Sift dry ingredients into bowl. Make a well in center. Combine eggs, milk and oil and add all at once into dry ingredients. Stir quickly until dry ingredients are moist. Add black walnuts, stir until mixed. Fill muffin pans ⅔ full. Bake at 400° for 25 minutes.

Karen Harnish

PUMPKIN BREAD

3 c. sugar
1 c. oil
4 eggs, beaten
1 (16 oz.) can pumpkin
3 ½ c. flour
2 tsp. soda
2 tsp. salt
1 tsp. baking powder
1 tsp. nutmeg
1 tsp. allspice
1 tsp. cinnamon
½ tsp. cloves
⅔ c. water

Cream sugar and oil together. Add eggs and pumpkin. Mix well. Sift together dry ingredients. Alternate dry ingredients and water when adding to creamed mixture. Pour into well-greased and floured 9 x 5-inch loaf pans. Bake at 350° for 1 ½ hours or until tests done. Let stand 10 minutes. Remove from pan to cool. Makes 2 loaves.

Melanie Brandenburg

APPLE BREAD

3 eggs, beaten
1 c. Crisco oil
2 c. flour
2 tsp. soda
2 tsp. vanilla
2 c. sugar
2 c. grated, unpeeled raw apples
1 tsp. salt
2 tsp. cinnamon
1 c. chopped nuts

Mix all together and bake in 2 loaf pans at 350° for 50 to 60 minutes.

Lynette Keller

APRICOT NUT BREAD

¼ tsp. salt
2 c. all-purpose flour
2 tsp. baking powder
¼ tsp. baking soda
1 c. dried apricot pieces
1 egg
¾ c. sugar
2 Tbsp. melted fat
1 c. chopped nut meats

Sift flour. Measure and resift with baking powder, baking soda and salt. Add apricots and nut meats and mix well. Beat egg, add sugar, orange juice and fat and beat well. Add dry ingredients and stir only until blended. Pour into greased loaf pan and bake in preheated oven at 350° for 1 hour.

Jan Lesight

BANANA BREAD

¼ c. shortening
¾ c. sugar
1 egg
2 c. sifted flour
½ tsp. baking powder
⅔ c. ripe bananas, crushed
½ tsp. soda
3 Tbsp. buttermilk or sour cream
½ c. nuts

Cream shortening. Add sugar a little at a time, while stirring. Add egg and set aside. Sift flour and baking powder. Set aside. Mash bananas with soda. Add buttermilk. Add flour mixture alternately with banana, buttermilk to shortening and sugar. When all combined, add nuts. Bake 1 hour at 325°.

J. Teal Roberts

-• YOUR FAVORITE RECIPES •-

Recipe	Page Number

Cakes, Cookies & Desserts

Candy Testing

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water.
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water.
Taffy	250-266	Hard Ball	Syrup forms hard ball, although it is pliable.
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water.
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

Substitutions

1 c. whole milk
1/2 c. evaporated milk and 1/2 c. water
1/2 c. condensed milk and 1/2 c. water
(reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

1 c. sour milk
1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 3/4 t. cream of tartar

1 c. sweet milk
1 c. sour milk or buttermilk plus 1/2 t. baking soda

1 c. sour, heavy cream (for sour milk recipe)
1/3 c. butter and 2/3 c. milk

1 c. sour, thin cream (for sour milk recipe)
3 T. butter and 3/4 c. milk

1 c. butter or margarine (for shortening)
4/5 c. bacon fat (clarified), increase liquid in recipe 1/4 c. • 2/3 c. chicken fat (clarified), increase liquid in recipe 1/4 c. • 7/8 c. cottonseed, corn, nut oil (solid or liquid) • 7/8 c. lard and salt • 1/2 c. suet and salt (increase liquid in recipe 1/4 c.)

1 1-oz. square unsweetened chocolate
3 T. cocoa plus 1/2 T. shortening

1 T. cornstarch (for thickening)
2 T. flour (approx.)

1 T. flour (for thickening)
1/2 to 2/3 T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour
1 c. minus 2 T. sifted all-purpose flour

1 c. sifted all-purpose flour
1 c. plus 2 T. sifted cake flour

1 whole egg
2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 egg yolks (in custards, etc.)

1 c. molasses • 1 c. honey

1 c. honey
3/4 c. sugar plus 1/4 c. liquid

1 c. granulated sugar
1 1/3 c. brown sugar or 1 1/2 c. powdered sugar

1 t. baking powder
1/4 t. baking soda plus 1/2 t. cream of tartar

1 lb. cornmeal • 3 cups

1 lb. cornstarch • 3 cups

1 lemon rind • 1 Tbsp. grated

3-4 med. oranges • 1 cup

1 orange rind • 2 Tbsp. grated

23 soda crackers • 1 cup crumbs

15 graham crackers • 1 cup crumbs

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COOL PINEAPPLE TREAT

1 large can crushed pineapple
1 large tub Cool Whip
1 box French vanilla instant pudding
1 medium carton large curd cottage cheese

Mix in large bowl, crushed pineapple and dry pudding. Do not drain pineapple. Do not add milk to pudding. Add cottage cheese. Mix gently but completely. Add thawed Cool Whip. Stir gently. Let stand in refrigerator in large bowl or individual serving dishes. A spoon of crushed pineapple, a chunk of pineapple or a cherry makes a nice decorative touch. Mixture can also be frozen in popsicle containers for a tasty hot summer day treat on a stick.

Betsy Stout Morrill

IAN'S TRAIL MIX

gummy bears or sharks or worms or anything
raisins
chocolate chips
little marshmallows
M&M's
dried bananas or any fruit
leftover dry cereal: Cheerios, Honey Comb, Trix, etc. (anything big brothers or sister won't eat and leave for the littlest one)

Mix all ingredients and place in an airtight container or Ziploc bag. Hide where only the littlest can find for a quick snack. Great for a backyard expedition, jungle safari or pirate cruise.

Betsy Stout Morrill

STRAWBERRY CHEESECAKE

Crust:

¾ c. ground pecans
¾ c. graham cracker crumbs
3 Tbsp. melted butter

Filling:

4 (8 oz.) pkg. cream cheese
4 eggs
1 ½ c. sugar
1 Tbsp. lemon juice
2 tsp. vanilla extract

Topping:

2 (16 oz.) sour cream
¼ c. sugar
1 tsp. vanilla

Strawberry Glaze:

¼ c. water
2 Tbsp. cornstarch
1 (12 oz.) jar strawberry jelly
3 Tbsp. orange liqueur or lemon juice
red food coloring (optional)
1 qt. fresh strawberries, hulled

Combine pecans, crumbs and butter. Press into bottom of 10-inch spring-form pan. Set aside. For filling, beat cream cheese in large mixing bowl until smooth. Add eggs, lemon juice, sugar and vanilla, mix thoroughly. Spoon over crust. Bake at 350° for 50 minutes (or until filling almost set). Remove and let stand for 15 minutes but leave oven on. Meanwhile, prepare topping by combining sour cream, sugar and vanilla. Spread over cake and return to hot oven for 5 minutes. Cool to room temperature and refrigerate for 24 hours. Several hours before serving, prepare glaze.

Glaze: In a saucepan, combine water and cornstarch. Add jelly and cook over medium high heat stirring constantly, until jelly melts and mixture thickens. Remove from the heat, stir in liqueur and food coloring, if desired. Cool to room temperature. Just before serving loosen and remove sides of spring-form pan. Arrange strawberries on cake, pointed side up. Spoon glaze over berries, allowing some to drip down sides. Serve. Yields 12 servings.

Fred Perry

OLD FASHION BASIC COOKIES

2 c. sugar
pinch of salt (¼ tsp.)
1 can Eagle Brand sweetened milk
3 tsp. baking powder
1 c. margarine
2 beaten eggs
5 c. flour
1 tsp. baking soda
1 tsp. vanilla

Mix sugar, margarine, salt and eggs. Add milk, baking powder and soda and vanilla. Blend flour in. Don't roll too thin. Bake at 350° for 10 to 15 minutes. Sprinkle with sugar before baking or add chocolate chips, nuts or raisins as you wish.

Jean Sunkle, ER Registration

PIE CRUST

(2 Crust Pie)

1 c. Crisco
3 c. flour
½ c. boiling water

Mix Crisco and boiling water, stirring until foamy. Add flour to mixture, and using pastry cutter, mix until lumps of dough are small but still separated by flour. Refrigerate in bowl covered with plastic wrap. Roll between waxed paper.

Fred Stone

QUICK AND EASY RICE PUDDING

1 c. instant rice
2 ½ c. milk
¼ tsp. salt
¼ tsp. cinnamon
½ c. sugar
¼ c. raisins
2 eggs
½ tsp. vanilla
nutmeg

Combine instant rice (from box), milk, salt, cinnamon, sugar and raisins in a saucepan. Bring to a rolling boil, stirring constantly. Reduce heat, boil slowly for 15 minutes, stirring occasionally. Slowly pour hot mixture into slightly beaten eggs. Beat vigorously. Add vanilla. Sprinkle with nutmeg and let cool 10 minutes. Makes 4 (½ cup) servings.

Ann Gilbert

FOX HUNTERS CAKE

1 c. oil
2 c. sugar
3 eggs
1 tsp. vanilla
¼ tsp. cinnamon
2 c. flour
½ tsp. salt
1 tsp. soda
1 tsp. baking powder
2 small jars apricot baby food with tapioca
1 c. nutmeats, chopped

Blend the oil and sugar well. Add eggs, one at a time, then add all dry ingredients. Mix well. Add baby food, blend well. Add vanilla and nutmeats. Pour into a greased and floured Bundt pan. Bake at 350° for 55 minutes.

Glaze over cake:

2 Tbsp. milk
1 c. powdered sugar
1 Tbsp. melted butter
lemon flavoring

Mix together and dribble over cake.

Thelma Kuna

TROPICAL PUDDING CAKE

1 can cherry pie filling
1 can crushed pineapple, juice and all
1 box yellow cake mix
2 sticks butter or oleo, melted
1 c. coconut
1 ½ c. nut meats, chopped
1 c. sugar

Preheat oven to 350°. Grease 9 x 13-inch pan. Spread cherry pie filling on the bottom, then sprinkle the sugar over cherries. Next spread the pineapple. Scatter the cake mix over this evenly. Pour melted butter over this. Spread the coconut and nuts. Bake 1 hour.

Thelma Kuna

LAZY DESSERT

1 can cherry pie filling
1 can crushed pineapple, drained
1 pkg. cake mix (any kind)
1 stick oleo
½ c. chopped nuts

Layer cherry mix, pineapple and cake mix into a 9 x 13-inch glass pan. Do not mix. Cut oleo into small squares and put over top with nuts. Bake 45 minutes at 350° or until done. (Just lay cake mix over fruit evenly, do not mix.)

Midge Beechman

TOMATO SOUP CAKE

⅓ c. shortening
1 c. sugar
1 tsp. baking soda
1 can tomato soup (10 ¾ oz.)
2 c. flour
1 tsp. ground cloves
1 tsp. ground cinnamon
1 tsp. nutmeg
½ tsp. salt
1 ½ c. raisins or 1 c. raisins and 1 c. chopped nuts

Cream shortening with sugar. Add baking soda and tomato soup. Mix well. Sift flour, cloves, cinnamon, nutmeg and salt. Add to shortening, sugar and tomato soup. Mix well. Add raisins (that have been dusted with a little of the flour). Bake in a greased loaf or Bundt pan at 350° for 45 minutes to 1 hour (test with toothpick). Allow to cool for about 20 minutes before removing from pan.

Barbara Laine, ER Registration

DUMP CAKE

1 box yellow or white cake mix
1 stick butter or margarine
1 can any pie/fruit filling
1 c. or more walnuts or pecans

Melt butter in 9 x 13-inch pan. Even out the fruit/pie filling. Sift cake mix on top evenly of fruit filling. Pour melted butter evenly on top of cake mix. Spread nuts evenly on top of melted butter. Bake at 350° for 30 to 40 minutes. Take out when fruit/pie filling bubbles and cake browns. Yummy served warm or cold.

Nadia Bascharow

BANANA SPLIT CAKE

3 to 5 bananas
3 sticks margarine
2 c. crushed graham crackers
2 eggs
2 c. powdered sugar
1 (No. 2) can crushed pineapple
1 (9 oz.) pkg. Cool Whip
1 small bottle maraschino cherries
1 small pkg. nuts or slivered almonds

Mix one stick margarine and graham crackers. Put into 13 x 9 x 2-inch pan. Beat with mixer for not less than 15 minutes. Add eggs, 2 sticks margarine and powdered sugar. When well beaten, spread over cracker crumbs, then cover with sliced bananas. Spread Cool Whip over top. Sprinkle with chopped nuts and cherries. For best results, refrigerate overnight.

Patti Bass

SLUSH CAKE

¼ lb. margarine
1 c. flour
½ c. chopped nuts
2 (9 oz.) tubs Cool Whip
1 c. powdered sugar
1 (8 oz.) cream cheese
2 pkg. instant pudding
3 c. milk

Mix together margarine, flour and chopped nuts and pat in bottom of a 9 x 13-inch pan. Bake at 350° for 15 minutes. Mix together 1 tub Cool Whip, powdered sugar, cream cheese and place on top of cooled crust. Mix together instant pudding and milk and place on top of other mixture. Top with the other tub of Cool Whip and nuts. Refrigerate.

Nadine Kulikowski

CHERRY CRUMBLE

1 box yellow cake mix
¼ c. melted margarine
2 eggs
1 can cherry pie filling
1 pkg. vanilla frosting mix
2 Tbsp. melted margarine

Combine first 3 ingredients until well blended. Put into 13 x 9-inch greased (except for sides) pan. Put cherries on top. Combine frosting mix with margarine. Sprinkle over cherries. Bake at 350° for 30 to 35 minutes. Cool and cut into squares.

Nadine Kulikowski

CREAMY FROZEN LIME PIE

1 (8 oz.) pkg. cream cheese, softened
1 ½ c. (14 oz. can) Carnation sweet condensed milk
1 c. undiluted Carnation evaporated milk
½ c. lime juice
1 prepared 8-inch cookie crumb pie crust

In a small mixer bowl, beat cream cheese until smooth. Gradually add sweetened condensed milk, beat until smooth. With mixer on medium speed, add lime juice and beat for one minute. Pour into pie crust and freeze for at least 2 hours. Let stand at room temperature for 15 minutes and garnish with lime slices, berries or mint sprigs before serving.

JoAnne Milene

SUGAR DROP COOKIES

2 c. sifted flour
2 tsp. baking powder
½ tsp. salt
½ c. butter or margarine
1 c. sugar
½ c. milk
1 tsp. vanilla
2 eggs

Sift together first three ingredients. Cream softened butter and sugar. Add eggs and vanilla and beat until fluffy. Alternately mix flour mixture and milk into egg mixture. Drop by teaspoonfuls onto cookie sheet. Bake at 350° for 10 to 12 minutes.

Lynette Keller

PEANUT BUTTER CRUNCH

2 c. sugar
½ c. Milnot
½ c. butter or margarine
1 c. peanut butter
2 c. quick cooking oats, uncooked
2 c. miniature marshmallows (20 large)
1 tsp. vanilla

Cook sugar, Milnot, butter and peanut butter over medium heat until mixture boils. Boil 2 minutes, stirring constantly. Remove from heat. Add marshmallows and vanilla and stir until marshmallows melt. Add oats and stir mixture until well blended and slightly thickened. Drop from teaspoon on waxed paper. Let cool. Makes approximately 48.

Melanie Brandenburg

SNICKERDOODLES

½ c. butter
½ c. shortening
1 ½ c. white sugar
2 eggs, well beaten
2 ¾ c. sifted flour
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
2 Tbsp. sugar and 2 tsp. cinnamon, mixed

Cream butter and shortening. Add sugar and well beaten eggs. Sift flour, baking soda, powder and salt together and add to the mixture. Put in a greased pan and allow to set in refrigerator overnight. Make small balls by hand and dip tops into the sugar and cinnamon mix. Bake 8 to 10 minutes at 375°. Makes about 60 cookies.

Chelsea Merrell

ANGEL FOOD DELIGHT

1 c. sugar
2 c. milk
2 egg yolks
1 (No. 2) can crushed pineapple, drained
1 large bar angel food cake
1 small pkg. lemon Jell-O
2 stiffly beaten egg whites
1 pt. whipped cream

Cook sugar, milk and egg yolks in double boiler until it coats spoon. Stir in Jell-O while hot (be sure it dissolves). Let cool. When cool, fold in whipped cream. Cut large bar of angel food cake in half lengthwise. Put half on bottom of 9 x 13-inch glass pan. Spread half of mixture over cake. Spread pineapple on top. Place other half of

cake on top of pineapple. Spread remaining mixture over cake. Sprinkle nuts or top with maraschino cherries, if desired.

Lisa Dailey

BLUEBERRY CHEESECAKE

2 (8 oz.) pkg. cream cheese
1 c. sugar
3 eggs
1 ready made graham cracker crust
1 can blueberry pie filling

Soften cheese to room temperature. Mix all ingredients. Pour into crust. Bake at 350° for 35 minutes. Top with blueberry pie filling.

Darlene Crosby

GRAHAM CRACKER DESSERT

40 graham crackers or 1 inside pkg.
½ c. butter, melted
½ c. sugar
1 large can evaporated milk (cold)
1 pkg. lemon jello
1 large can crushed pineapple, drained

Put the graham crackers in a Baggie and mash with a rolling pin, then mix the crackers with the butter and sugar. Line a 10 x 13-inch pan with the cracker mix, saving about ⅓ of the mix to sprinkle on the top.

Whip the cold milk and refrigerate. Make the jello, then add the milk and whip them together. Fold in the drained pineapple. Pour this mixture over the mix in the pan and top with the remaining graham cracker mix. Keep refrigerated.

Irene Young

SPICY GINGERBREAD

2 ½ c. sifted flour
1 ½ tsp. baking soda
½ tsp. ground cloves
1 tsp. cinnamon
1 tsp. ginger
¾ tsp. salt
½ c. soft shortening
½ c. sugar
1 egg, beaten
1 c. molasses
1 c. hot water

Sift together first six ingredients. Cream together sugar and shortening. Add egg. Beat in molasses. Divide water into thirds and

flour mixture into fourths. Mix alternately with creamed mixture. Bake 50 to 55 minutes at 350° in greased 9 x 9 x 2-inch pan.

Lynette Keller

PEANUT BUTTER COOKIES

1 ½ c. white sugar
1 ½ c. brown sugar
1 ½ c. Crisco
3 eggs
1 (8 oz.) jar peanut butter
1 ½ tsp. vanilla
4 ½ c. flour
3 tsp. baking soda
½ tsp. salt
1 tsp. cinnamon

Cream together sugars and Crisco. Add eggs one at a time. Add the jar of peanut butter. Mix. Add vanilla. Sift together last 4 ingredients and add to mixture. Mix by hand until all flour is absorbed. Roll in balls and put on greased or waxed paper lined cookie sheet. Bake at 350° for 8 to 12 minutes. Yields 140 cookies.

Barbara Thomas Class XIII

MOLASSES SUGAR COOKIES

1 ½ c. Crisco shortening
2 c. sugar
¾ c. molasses
2 eggs
4 ½ c. flour, do not sift before measuring
4 tsp. baking soda
2 tsp. cinnamon
1 tsp. cloves
1 tsp. ginger
1 tsp. salt

Melt Crisco. Remove from heat and cool. Add sugar, molasses and eggs. Mix thoroughly until all grease disappears. Sift together flour, baking soda and spices. Add to first mixture. Chill overnight. Form into balls and roll in sugar. Place 2-inches apart on ungreased cookie sheet. Bake at 350° for 7 to 8 minutes. Remove and lay on paper toweling.

PEANUT BUTTER ICING FOR CHOCOLATE CAKE

1 box confectioners sugar
½ c. peanut butter (creamy)
1 to 1 ½ tsp. vanilla
dash of salt
milk

Put entire box confectioners sugar in mixing bowl. Add peanut butter, vanilla and salt and beat. Add milk, a small amount at a time, until icing is of consistency to spread on cake.

Barbara Thomas Class XIII

BROWN BAG APPLE PIE

5 c. apples, sliced
2 Tbsp. lemon juice
2 Tbsp. flour
½ c. sugar
½ tsp. cinnamon
1 (9-inch) unbaked pie crust

Crumb Topping:

½ c. sugar
½ c. flour
½ stick margarine
½ c. nuts

Sprinkle apples with lemon juice. Combine 2 tablespoons flour, ½ cup sugar and ½ teaspoon cinnamon. Toss apples in flour mixture. Put into pie crust. Combine ½ cup sugar, ½ cup flour, ½ stick margarine and ½ cup nuts. Put crumbs on top of pie. Place pie in a brown bag and bake at 350° for 1 hour. Serves 6.

Cindy Rogers

FLOWER POT CAKE

1 (8 oz.) pkg. cream cheese
1 (8 oz.) tub Cool Whip
1 large pkg. instant chocolate pudding
1 c. powdered sugar
2 c. milk
1 (10 oz.) pkg. Oreo cookies, crushed

Mix pudding with milk and set aside. Mix Cool Whip, cream cheese and sugar. Mix in pudding. Layer in pot starting with cookies and ending with cookies, then decorate with flowers.

(I line bottom of flower pot with a small piece of foil to cover the holes. You can use vanilla Oreos and a sand bucket with shovel for decoration in summer. With chocolate, I use silk or real flowers. You may also use individual pots.)

Sue Mayo

BABE'S APPLE CAKE

2 c. whole flour
1 c. sugar
¼ c. toasted wheat germ
1 c. brown sugar
1 tsp. cinnamon
1 c. chopped walnuts
1 tsp. salt
2 beaten eggs
½ tsp. nutmeg
1 tsp. vanilla
4 c. diced apples
½ c. oil
2 tsp. baking soda

Sift together whole wheat flour, wheat germ, baking soda, cinnamon, salt and nutmeg. Set aside. In large bowl combine peeled and diced apples, sugars, oil, walnuts, eggs and vanilla. Add flour to mixture. Stir gently. Blend well. Turn into 2-inch deep pan. Bake in preheated oven (350°) for 50 minutes or until cake pulls from side of pan. Cool in pan or rack. If desired, sprinkle with confectioners sugar. Cut into 12 bars.

Jan Robertson

GRASSHOPPER PIE

1 ½ c. chocolate cookie wafers
¼ c. melted butter
3 c. small marshmallows
½ c. milk
¼ c. creme de menthe
3 Tbsp. creme de cacao
1 ½ c. whipped cream
¼ c. grated chocolate

Crush chocolate wafers into very fine crumbs and add melted butter. Press evenly into an 8-inch pie pan. Bake at 350° for 10 minutes. In saucepan, combine marshmallows and milk. Cook, stirring constantly until melted. Chill until thickened. Gradually add liqueurs into marshmallow mixture. Fold 1 cup of whipped cream into mixture. Pour into baked crust. Garnish with remaining whipped cream and grated chocolate. Chill at least 4 hours before serving. Keep refrigerated. Serves 6.

Jan Robertson

CHEESE BLINTZES

2 eggs
1 ¼ tsp. salt
1 tsp. peanut oil
1 c. unsifted flour
1 (8 oz.) pkg. cottage cheese
¼ c. sugar
¼ tsp. cinnamon
1 c. milk
sour cream
jam

Beat half the eggs slightly in a small bowl. Add ¾ salt, oil and milk. Blend thoroughly. Gradually add flour. Beat until smooth. Pour 2 tablespoons batter into hot, lightly oiled 6-inch skillet. Tilt pan to spread batter. Cook over low heat until set. Remove from pan. Repeat with remaining batter.

Combine cottage cheese, other egg, sugar, remaining salt and cinnamon. Place 2 tablespoons cheese filling in center of each blintz.

Fold sides toward center, roll up. Shallow fry in hot (375°) oil until golden brown. Serve with sour cream and jam. Serves 5.

Jan Robertson

CHERRY NUT BARS

1 ½ c. corn flake crumbs
½ c. softened butter
3 Tbsp. sugar
2 c. miniature marshmallows
1 ½ c. flaked coconut
¾ c. chopped maraschino cherries
1 can sweetened condensed milk
1 c. chopped pecans

In a 13 x 9-inch baking pan, combine corn flake crumbs, butter and sugar. Press down firmly with back of spoon. Sprinkle marshmallows, coconut and cherries evenly over crust. Pour sweetened condensed milk over top. Sprinkle now over milk, the chopped nuts, pressing lightly into the mixture. Bake at 350° or until golden brown on top, about 25 minutes. Refrigerate before cutting. Makes about 48 (1 ½ x 1 ½-inch) squares. They make terrific Christmas gifts.

Ginny Hamilton

FANTASTIC FUDGE

3 c. sugar
¾ c. margarine
⅔ c. evaporated milk
1 (12 oz.) pkg. semi-sweet chocolate pieces
1 (7 oz.) jar Marshmallow Creme
1 c. chopped walnuts or pecans, your choice
1 tsp. vanilla
24 unbroken pecan or walnut halves, your choice

Mix together.

Brandy Hamilton

COCONUT PIE WITHOUT CRUST

2 c. milk
¾ c. sugar
½ c. Bisquick
4 eggs
¼ c. butter or margarine
1 c. coconut, do not blend
vanilla

Combine all ingredients in blender for 3 minutes. Pour into greased 9-inch pie pan. Let stand for 5 minutes then sprinkle with coconut and bake at 350° for 40 minutes. Serve warm or cool.

Midge Beechman

BANANA CAKE

½ c. shortening
1 c. sugar
1 egg
1 ½ c. flour
1 c. banana pulp
1 ½ tsp. baking powder
½ tsp. salt
vanilla

Mix together and bake at 350° for 40 minutes in a tube pan or in a flat pan for 20 minutes.

FUDGE PIE

4 ½ c. sugar
¾ c. powdered milk
1 Tbsp. cornstarch
2 Tbsp. flour
1 ½ c. eggs
3 c. hot water
2 Tbsp. vanilla

Melt:

4 oz. chocolate (bitter)
1 ½ c. or 3 sticks oleo

Mix sugar, milk, cornstarch and flour. Add eggs gradually, mixing well. Add chocolate and oleo and mix well. Add water and then vanilla. Bake at 400° for 10 minutes and then at 350° for 30 minutes or until firm. Makes 3 pies.

Lloyd George

SIX IN ONE REFRIGERATOR COOKIES

2 c. butter
1 c. sugar
1 c. light brown sugar, firmly packed
2 eggs, beaten
1 tsp. vanilla
4 c. unsifted flour
1 tsp. baking soda
¼ c. finely chopped candied cherries
½ tsp. salt
½ c. shredded coconut
½ c. chopped pecans
½ c. ground nutmeg
1 tsp. ground cinnamon
1 sq. unsweetened chocolate, melted

Cream butter. Gradually add sugars; beat until light and fluffy. Add eggs and vanilla, mix well. Sift together dry ingredients; gradually add to creamed mixture. Divide dough in six, one cup portions. Add coconut to one part, pecans to the second, nutmeg and cinnamon to the third, melted chocolate to the fourth and candied cherries to the fifth. Leave last portion plain. Chill 30 minutes or longer. Shape

dough into six rolls about 1 ¾-inch in diameter. Wrap tightly in plastic wrap or waxed paper and refrigerate overnight.

When ready to use, slice with sharp knife in ⅛-inch slices. Place on lightly greased baking sheet and bake in a moderate oven (375°) for 10 to 12 minutes. Can also be frozen and used as needed.

Ron and Lillian

CHINESE CHEWS

1 c. sugar
2 beaten eggs
1 c. chopped dates
1 c. chopped nuts
½ c. self-rising flour

Add sugar to eggs. Mix fruit and nuts into eggs and sugar. Add flour and mix well. Bake in a greased and floured pan (spread out dough) for 40 minutes at 300°. Cut in small squares, roll each square into a ball (mold or squeeze it in your hand) and roll in granulated sugar.

Tracy George

CRISSCROSS CHERRY PIE

plain pastry (recipe follows)
2 (1 lb. 6 oz.) cans cherry pie filling
½ tsp. nutmeg
2 Tbsp. melted butter or margarine

Prepare pastry. Roll out half to a 12-inch round; fit into a 9-inch pie plate. Trim overhang to ½-inch. Combine remaining ingredients in a large bowl; spoon into shell. Roll out remaining pastry to a rectangle, 12 x 8-inch. Cut lengthwise into 10 strips. Weave strips over filling to make a crisscross top; trim overhang to ½-inch, turn under, flush with rim; flute edge.

Bake in hot oven (400°) for 40 minutes or until pastry is golden and juices bubble up. Cool completely on a wire rack before cutting.

Plain Pastry (Crisscross Cherry Pie):

2 c. sifted flour
1 tsp. salt
⅔ c. shortening
3 to 4 Tbsp. cold water

Sift flour and salt into a medium size bowl. Cut in shortening with a pastry blender until mixture is crumbly. Sprinkle water over, a tablespoon at a time. Mix lightly with a fork just until pastry holds together and leaves side of bowl clean.

Alan Syrak

HONEY DROPS

3 ¼ c. sifted all-purpose flour
½ tsp. salt
1 Tbsp. baking powder
½ tsp. nutmeg
1 c. (2 sticks) butter
1 ⅓ c. firmly packed light brown sugar
½ c. honey
1 egg
1 c. seedless raisins
1 c. coarsely chopped nuts
1 tsp. vanilla extract

Sift flour with salt, baking powder and nutmeg. Cream butter with sugar. Beat in honey and egg. Stir in dry ingredients. Add raisins, nuts and vanilla. Mix well. Chill dough. Drop by level tablespoons onto greased baking sheet. Bake at 350° for about 10 to 12 minutes. Makes 6 dozen.

Dr. Eric Ross, D.M.D.

VALENTINE HEARTS

4 egg whites
¼ tsp. cream of tartar
¼ tsp. salt
1 c. sugar
Strawberry Snow (recipe follows)

Beat egg whites with cream of tartar and salt until foamy-white in a large bowl. Sprinkle in sugar very slowly, 1 tablespoon at a time, beating all the time until meringue stands in firm peaks. Draw 8 five-inch heart outlines, 2-inches apart, on brown paper lined cookie sheets. Spread ½ cup meringue inside each. Dish centers. Bake in very slow oven (250°) for 1 hour or until pale golden. Cool for 5 minutes. Remove carefully. Cool completely.

Strawberry Snow (Valentine Hearts):

4 egg yolks
1 whole egg
1 Tbsp. sugar
1 tsp. lemon juice
1 (10 oz.) pkg. frozen strawberries, thawed
red food coloring
1 c. whipping cream

Beat egg yolks and whole egg slightly in top of a small double boiler. Stir in sugar, lemon juice and thawed strawberries. Cook, stirring constantly, over simmering water, 15 minutes, or until thick. Tint deeper pink with food coloring. Chill well. Beat cream until stiff in a small bowl. Fold half into strawberry mixture. Spoon into tart

shells. Chill at least 4 hours. Tint remaining whipped cream with food coloring. Swirl on top.

CARAMEL PUDDING

½ c. milk
½ c. light brown sugar
1 heaping c. flour
4 level tsp. baking powder
1 c. raisins
1 Tbsp. vanilla

Mix and drop into sauce and bake 20 minutes.

Sauce:

1 ½ c. brown sugar
2 c. boiling water
1 Tbsp. oleo

Frances Correll

1 2 3 CAKE

1 c. butter
2 c. sugar
3 c. flour
4 eggs
1 c. milk
2 tsp. baking powder

Combine ingredients and bake at 375° for 15 minutes.

POUND CAKE

3 sticks oleo
1 box xxxx sugar
1 box filled flour
6 eggs

Mix ingredients together and bake at 325° for about 1 hour and 15 minutes.

FRUIT COCKTAIL CAKE

2 eggs
1 ½ c. sugar
1 can fruit cocktail
2 c. flour
2 Tbsp. baking soda
pinch of salt

Icing:

1 stick oleo
1 c. coconut
½ c. chopped pecans
½ c. canned cream
1 c. sugar

Boil ingredients for icing for 2 minutes. Combine ingredients for cake and bake at 350° for 30 minutes. Pour icing over cake while its hot.

SWEETHEART CAKE

2 ¼ c. sifted cake flour
1 ½ c. sugar
3 tsp. baking powder
1 tsp. salt
½ c. soft shortening
1 c. milk
2 eggs
1 tsp. almond extract
Fluffy Frosting and Filling (recipe follows)

Sift cake flour, sugar, baking powder and salt into a large bowl. Blend in shortening and ¾ cup milk, then beat at medium speed on mixer for 2 minutes, or 300 strokes by hand. Blend in eggs, almond extract and remaining ¼ cup milk. Beat for 1 minute or 150 strokes. Pour into 2 greased and waxed paper lined 9-inch heart shape layer cake pans. Bake in moderate oven (350°) for 35 minutes. Cool for 5 minutes. Remove from pans.

Fluffy Frosting and Filling (Sweetheart Cake):

1 ½ c. sugar
¼ c. water
2 egg whites, unbeaten
2 Tbsp. light corn syrup
1 tsp. vanilla
½ tsp. almond extract
red food coloring
¾ c. strawberry jam

Blend all ingredients, except food coloring and jam, in top of a large double boiler. Cook, beating constantly, over simmering water for 5 minutes, or until volume triples. Tint pale pink with a drop of food coloring. Split cooled cake layers; put back together with jam between each. Spread frosting on top and side, make deep swirls with tip of spoon. Decorate with red candy hearts, if you wish.

MOCHA LOG

4 eggs
¾ c. sugar
½ tsp. vanilla
¼ c. sifted flour
¼ c. dry cocoa (not cocoa mix)
¼ tsp. baking powder
¼ tsp. salt
Coffee Cream (recipe follows)

Beat eggs in a medium size bowl. Beat in sugar gradually until mixture is thick. Stir in vanilla. Sift dry ingredients together and fold in. Pour into a greased and waxed paper lined jelly roll pan, 15

x 10 x 1-inch. Bake in moderate oven (350°) for 25 minutes, or until top springs back when lightly pressed. Turn cake out onto a clean towel sprinkled with more sugar; peel off paper. Roll up cake, wrap in towel, cool.

Coffee Cream (Mocha Log):

2 c. cream for whipping
¼ c. 10x sugar (confectioners sugar)
4 tsp. instant coffee
1 tsp. vanilla
chocolate curls

Beat cream with 10x sugar, instant coffee and vanilla until stiff in a large bowl. Unroll cake carefully. Spread evenly with half of the cream mixture; re-roll. Frost with remaining cream mixture; sprinkle with chocolate curls. Chill roll for 1 hour or until serving time. Slice crosswise into about 1-inch thick servings.

Note: To make chocolate curls, shave thin slices from a square of unsweetened chocolate with a vegetable parer.

CHEESE CAKE

2 (8 oz.) cream cheese
3 eggs, separated
⅔ c. sugar
1 tsp. almond extract

Beat 1 cup cream cheese. Add egg yolks, sugar and extract. Beat egg whites in separate bowl until stiff. Fold in cheese mixture. Bake at 350° in greased glass pan for 35 to 40 minutes. Cool on rack for 20 minutes then spread topping over pie and return for 10 minutes to oven. Cool, then refrigerate.

Topping:

1 c. sour cream
1 Tbsp. sugar
1 tsp. vanilla

Mix together and spread on cake.

COFFEE CAKE

½ c. butter
1 c. sugar
2 eggs
2 c. flour
1 tsp. soda
1 tsp. baking powder
½ tsp. salt
1 c. sour cream
1 tsp. vanilla

Layer batter, filling, batter and top with filling.

Filling:

⅓ c. brown sugar
¼ c. white sugar
1 Tbsp. cinnamon
1 c. chopped nuts

POUND CAKE

3 sticks butter or regular margarine
3 c. sugar
5 large eggs
1 c. milk
½ tsp. baking powder
3 c. flour
1 tsp. vanilla flavoring
1 tsp. lemon

Cream butter and sugar. Add eggs. Beat again. Add milk and flavoring. Combine baking powder with flour, add and beat again. Cook in 10 cup tube or Bundt pan for 1 ½ hours at 350° or 300°.

Variations: Add 1 cup chopped nuts. Substitute almond or rum flavoring.

Lisa E. McMahon

CUPCAKES

ice cream cones
some kind of chocolate cake
chocolate icing

Take a cone and some kind of chocolate cake. Put it in the middle of the cone. Bake it at medium in the oven for 15 minutes. Put chocolate icing on top.

Eric Ballard

DIVINITY CANDY

2 c. granulated sugar
½ c. water
½ c. light or dark corn syrup
⅛ tsp. salt
½ tsp. vanilla
½ tsp. almond extract
2 eggs
25 walnut halves

Combine sugar, water and syrup in a saucepan. Heat, stirring until sugar dissolves. Boil without stirring until syrup forms a hard ball when tested in cold water (265° on a candy thermometer). Remove from heat and quickly beat salted egg whites until stiff. Slowly add syrup to egg whites, beating constantly. Beat until candy thickens and begins to lose its gloss. Add flavorings and quickly shape

with a teaspoon into large pieces and drop onto a greased plate or waxed paper. Place a walnut piece on each piece.

Randy Nelson

OAT BRAN SUGAR-FREE AND FLOUR-FREE

Dry Ingredients:

2 ½ c. Health Valley oat bran (with raisins and spice)
1 Tbsp. fast acting baking powder

Liquid Ingredients:

1 egg
¾ c. skim milk
⅓ c. sugar-free maple syrup

Combine dry ingredients. Mix liquids together and add to dry ingredients. Fill muffin tin ⅔ full. Bake for 15 minutes at 375°. Raisins may be added also.

Leah Summerville

PEANUT BUTTER FUDGE CAKE

¾ c. margarine
¾ c. creamy peanut butter
2 c. brown sugar
3 eggs
2 c. flour
1 Tbsp. baking powder
1 tsp. vanilla
½ tsp. salt
1 c. milk

Frosting:

1 (6 oz.) pkg. chocolate chips
⅓ c. evaporated milk

Mix all ingredients together. Bake at 350° for 45 to 50 minutes in a 13 x 9-inch pan or two 9-inch layer pans, greased.

Frosting: Heat ingredients together and mix until smooth. Remove from heat and blend in 1 ½ cups powdered sugar.

Dorla Zeh

KUCHEN

prunes, apricots, cherries or apples
1 pkg. yeast, dissolve as directed
1 c. mashed potatoes, add no milk
½ c. sugar
⅔ c. shortening
1 tsp. salt
2 eggs
6 to 8 c. flour
use potato water and milk to make 1 ¼ c. lukewarm liquid

Mix sugar, shortening and potatoes very well. Add beaten eggs. Fold in flour and salt, alternately with liquid. Knead until smooth and elastic. Let rise until double, punch it down and let rise again. Put in pans with fruit and let rise again. Bake at 375° for 30 minutes. Let stand a few minutes until steam is gone, then put on sour cream and sprinkle with sugar and cinnamon. This makes four 7 x 11 ½ x 1 ½-inch kuchen.

Hilary Krueger

POPPY SEED CAKE

¾ c. butter
1 ½ c. sugar
2 c. flour
1 ½ tsp. baking powder
4 egg whites
¾ c. milk
½ c. poppy seed

Soak poppy seed in milk overnight. Cream butter and sugar. Add seed and flour (which has been sifted 3 times). Fold in egg whites. Make a filling and put between layers. Cover with whipped cream.

Filling:

2 Tbsp. flour
½ c. milk
¾ c. sugar
egg yolks
½ tsp. vanilla

Dissolve flour in milk, then add one more cup milk, sugar and egg yolks. Cook until thick. Add vanilla. Put between the layers. This makes a lovely and different cake.

Margaret Stewart

KAHLUA CAKE

1 Duncan Hines devil's food cake mix
1 large container La Creme (Cool Whip)
1 box instant chocolate pudding mix
2 Nestle crunch bars
1 c. Kahlua or to taste

Make chocolate layer cake using box directions. Cool a little. Pour ½ cup Kahlua over each half. Make chocolate pudding. Layer cake, pudding, Nestle bar, crushed and La Creme. Frost with La Creme.

Robbie Jacobs

BANANA SPLIT CAKE

1 (9 oz.) graham cracker pie crust
2 (8 oz.) cream cheese
1 large Cool Whip
2 large bananas
1 tsp. vanilla extract
1 can crushed pineapple
1 jar cherries
1 small bag crushed pecans
¼ c. pineapple juice
¼ c. sugar

Prepare crust. Cream together cream cheese, sugar, pineapple juice, vanilla extract. Slice banana and place over crust, then spread cream cheese mix over bananas. Layer crushed pineapple. Chill overnight then place whipped cream, cherries and nuts, then serve.

DeeDee Thompson

MINI CHEESECAKES

12 vanilla wafers
2 (8 oz.) pkg. cream cheese
¾ c. sugar
1 tsp. vanilla
2 eggs
foil cupcake liners

Put vanilla wafers into foil cupcake holder. Blend cream cheese, sugar and vanilla until well blended. Add eggs. Mix well. Add ¾ cup mixture over vanilla wafer. Bake in 325° oven for 25 minutes. Cool in muffin pan then chill. Add topping, if desired.

Robbin Tibbetts

SWEDISH APPLE PIE

6 to 8 apples
1 tsp. cinnamon
1 tsp. sugar
1 c. flour
1 c. sugar
1 egg
1 ½ sticks margarine
½ c. raisins
½ c. chopped nuts
dash of salt

Lightly grease 9-inch pie plate. Fill pie plate ¾ full with sliced apples. Sprinkle cinnamon and sugar over apples. Mix in bowl, flour, sugar, salt, melted margarine, nuts, egg and raisins. Spread evenly over apples. Bake at 350° for 45 minutes.

Teri Hanlon

PECAN CRISPS

1 ½ c. sifted flour
1 c. sugar
¾ tsp. salt
½ c. soft shortening
1 egg, separated
1 tsp. vanilla
1 c. pecans, finely chopped

Heat oven at 375°. Sift flour, sugar and salt into bowl. Mix in thoroughly with fork, shortening, egg yolk, milk and vanilla. Form into balls size of small walnut. Place on ungreased baking sheet. Press ⅛-inch thick with bottom of greased glass dipped in sugar. Brush with slightly beaten egg white. Sprinkle with pecans. Bake 8 to 10 minutes. Do not overbake. Makes about 5 dozen.

Barbara Bates

HOMEMADE REESE'S PEANUT BUTTER CUPS

⅓ lb. graham cracker crumbs (1 pkg.)
½ lb. margarine or butter, melted
1 lb. powdered sugar
1 c. peanut butter
2 c. chocolate chips, melted in double boiler

Mix butter and graham crackers. Add peanut butter then powdered sugar. Spread in 9 x 13-inch pan. Cover with chocolate chips. Refrigerate until cool.

Denice Peterson

FRUIT COCKTAIL CAKE

2 c. flour
1 c. sugar
2 tsp. baking soda
pinch of salt

Topping:

½ to 1 c. chopped walnuts
1 c. dark brown sugar
1 (30 oz.) can fruit cocktail, drain but reserve ½ c. syrup
½ c. syrup
1 tsp. vanilla
2 Tbsp. melted butter

Mix dry ingredients together in large bowl. Add other ingredients (except for topping). Stir by hand until well blended. Put batter in ungreased 13 x 9-inch pan. Mix walnuts and brown sugar together and sprinkle on top of batter. Bake at 325° for 1 hour.

Sam Ames

PINEAPPLE PIE

1 (20 oz.) can pineapple, crushed
2 pkg. instant vanilla pudding
1 pt. sour cream
1 (9-inch) pie crust

Put pineapple into a bowl with its juice. Add the pudding mix and mix well. Add the sour cream and mix well. Pour into prepared pie crust and chill overnight. Makes one 9-inch pie.

QUICK OATMEAL COOKIES

1 pkg. spice cake mix
2 c. uncooked rolled oats
2 eggs
¾ c. cooking oil
½ c. milk
2 c. raisins
1 c. chopped nuts
¼ c. dark brown sugar

Preheat oven to 350°. Combine all ingredients and mix well. Drop from a teaspoon onto an ungreased cookie sheet. Bake at 350° for about 12 minutes, until cookie tests done with a toothpick. Cool on cookie sheet about 1 minute, then remove to rack to finish cooling.

Mary Guertin

ICEBOX POTICA DOUGH

3 Tbsp. sugar
1 ½ tsp. salt
4 c. flour
¼ c. butter
1 c. sweet or sour cream
1 cake yeast
¼ c. lukewarm water
1 tsp. sugar
3 egg yolks, beaten

Measure flour. Sift with sugar and salt. Cut in the butter, as for pie crust. Dissolve yeast in lukewarm water. Add 1 teaspoon sugar and let stand until it foams. Mix egg yolks and cream, and add foaming yeast. Make a dent in the flour and add the rest of mixture. Knead into smooth dough. Place in a bowl, grease top and refrigerate overnight.

Next day, remove from refrigerator and let stand until room temperature before rolling.

Jean

PEANUT BUTTER SQUARES

⅓ lb. graham cracker crumbs
½ lb. margarine or butter, melted
2 c. powdered sugar
1 c. peanut butter
2 c. chocolate chips, melt in double boiler

Mix butter and graham crackers. Add peanut butter, mix, and then the powdered sugar. Spread in 9 x 13-inch buttered pan. Cover with chocolate chips. Refrigerate until cool.

SOUR CREAM POUND CAKE

¼ tsp. baking soda
pinch of salt
6 eggs
2 sticks oleo or butter
3 c less 2 Tbsp. (if too sweet) sugar
3 c. all-purpose flour
1 small container sour cream
3 tsp. lemon extract

Cream butter and sugar. Add eggs, one at a time. Sift the flour and dry ingredients and add this, alternating with the sour cream. Cook in tube pan for 30 minutes at 325° then for 30 minutes at 350°.

Mrs. Williams

LEMON SUPREME PIE

1 large lemon pudding and pie filling
1 baked and cooled 9-inch deep pie crust
1 (8 oz.) cream cheese
⅓ c. sugar
1 tsp. vanilla

Cream vanilla, sugar and cream cheese until smooth. Spread cream cheese mixture over bottom of crust. Cook pie filling as directed on package. Pour over cream cheese in crust and refrigerate for several hours. Serve with Cool Whip.

Barb Breece

SQUASH PIE

½ c. evaporated milk
1 c. fresh milk
3 eggs
¾ c. sugar
1 Tbsp. flour
½ tsp. salt
¼ tsp. almond
1 tsp. vanilla
¼ tsp. coconut flavoring
2 c. grated yellow squash

Beat eggs and sugar. Add other ingredients. Squash last. Save some of squash to sprinkle on top of pie. Use 8-inch pie plate (bottom crust). Sprinkle nutmeg on top of pie. Bake 20 minutes at 400°, then bake 30 minutes at 325° or until done.

Barbara Bates

WALNUT HORNS

1 c. butter
2 c. flour
1 egg yolk, slightly beaten
¾ c. sour cream

Cut butter into flour. Combine egg yolk and sour cream and add to flour mixture. Blend. Form ball and refrigerate overnight. Divide into three parts. Roll each into circle as pie crust.

Filling:

¾ c. sugar
1 tsp. cinnamon
¾ c. walnuts

Mix filling ingredients. Sprinkle over top of rolled dough. Cut each circle into 16 wedges and roll up from wide side. Place on ungreased cookie sheet. Bake at 375° for 20 minutes.

NEVER FAIL FUDGE

¼ c. butter or margarine
1 pkg. chocolate pudding and pie mix
¼ c. milk
1 ¾ c. sifted confectioners sugar
½ tsp. vanilla
½ c. chopped nuts

Melt butter or margarine. Add chocolate pudding and stir until well blended. Add milk. Bring to a bubbling boil over high heat, stirring constantly. Boil one minute. Remove from heat. Add sugar, stir until well blended and smooth. Add vanilla and nuts. Pour quickly into buttered 7-inch aluminum foil pie plate. Chill. Cut into squares to serve.

Brooke Elisabeth Yanko

MINCEMEAT CAKE

1 c. shortening
2 c. sugar or a little more
4 eggs, add to sugar
3 Tbsp. cocoa
1 tsp. soda
1 tsp. baking powder
½ tsp. allspice
2 tsp. vanilla
1 c. nuts
1 c. hot water

Pour hot water over mincemeat and let stand a few minutes. Cream shortening, sugar and eggs together. Add rest of ingredients. Add enough flour for medium batter. Bake at 350° for 1 hour in Bundt pan until done.

Sybil Markham

BAKED APPLES

6 whole apples, peeled and cored
6 Tbsp. white sugar
8 Tbsp. brown sugar
4 Tbsp. flour
2 tsp. butter
¼ tsp. vanilla
½ c. water
½ c. orange juice
½ tsp. cinnamon
½ c. raisins

Preheat oven to 400°. Mix ingredients and pour over apples. Bake 20 to 30 minutes or until soft. Serve warm.

Jan Lesight

DUMP CAKE

1 (1 lb. 15 oz.) can pie filling (cherry, blueberry, apple, etc.)
1 (8 oz.) can crushed pineapple
1 box white or yellow cake mix
½ c. nuts
½ c. coconut
2 sticks butter, cut in marble size

Spread ingredients in order into an 8 x 13-inch pan. Do not stir. Dot top of ingredients with marble sized butter (use a teaspoon). Bake at 350° for 40 minutes.

Angelica G. Muns

MARBLE BROWNIES

1 (8 oz.) pkg. Philadelphia cream cheese
2 ⅓ c. sugar
3 eggs
¾ c. water
½ c. margarine
1 ½ (1 oz.) bars unsweetened chocolate
2 c. flour
½ c. sour cream
1 tsp. baking soda
½ tsp. salt
1 (6 oz.) pkg. chocolate chips

Combine cream cheese and sugar. Mix. Blend in 1 egg. Mix. Set aside. In pan, combine water, margarine and chocolate squares. Bring to a boil. Remove from heat. Mix remaining sugar and flour. Add chocolate mixture, then blend in remaining eggs, sour cream, baking soda and salt. Pour into 2 greased and floured pans (7 x 10-inch). Spoon cream cheese mix over top. Swirl with knife. Sprinkle chocolate chips over top. Bake at 375° for 25 to 30 minutes.

JEWISH CRESCENTS

½ lb. butter
1 c. sugar
1 c. ground nut meats
2 c. sifted flour

Cream butter and sugar. Mix nut meats and flour, and add to butter and sugar mix. Chill. Roll and cut or mold into crescents. Bake at 375° for 8 to 10 minutes. Cool. Roll in powdered sugar.

Elise Klopsch

PEANUT BUTTER FUDGE

1 lb. light brown sugar
1 lb. white sugar
¾ c. milk
1 (7 oz.) jar Marshmallow Creme
1 (7 oz.) jar peanut butter
2 Tbsp. butter
1 tsp. vanilla

Boil brown and white sugar and milk together for 5 minutes. Remove from heat and add butter, Marshmallow Creme, peanut butter and vanilla. Beat until smooth and pour in greased pan.

Alberta Lord

QUICK PEANUT BUTTER COOKIES

1 c. peanut butter
1 c. sugar
1 egg
1 Tbsp. vanilla

Roll this mixture into little balls and use fork to flatten into cookies. Bake at 350° for 10 to 13 minutes, depending on how dark you want them.

Cindy Twigs

RED DEVIL'S FOOD CAKE

3 c. sugar
3 c. flour, scant measure
4 rounded Tbsp. cocoa
½ tsp. salt
2 c. thick sour cream
2 eggs, well beaten
1 tsp. vanilla
2 tsp. soda in ¼ c. boiling water

Sift all dry ingredients together. Add cream and eggs and beat well. Add soda and hot water and flavoring. Bake at 350° in 3 large layers until toothpick comes out clean. Cool and put together with frosting as follows:

Frosting:

1 ½ c. white sugar
¼ c. brown sugar, packed tightly
5 Tbsp. cold water
2 egg whites

Stir all together. Place over boiling water in double boiler and beat with beater 9 to 10 minutes. Remove from fire and beat with spoon until it will stay on cake. Add flavoring.

Viola M. Booze

UNCOOKED FRUIT CAKE

1 lb. graham crackers, crushed fine
1 c. heavy cream
½ lb. candied pineapple, red and green, cut
1 lb. candied cherries, not cut
½ lb. figs, cut
1 lb. pecan halves, not cut
1 lb. dates
½ lb. white seedless grapes
1 tsp. cinnamon and mace
1 tsp. cloves
½ tsp. allspice
¼ tsp. nutmeg

Mix crushed crackers and seasonings together. Add cream gradually and mix. Add fruits and nuts, then add 4 jiggers of whiskey or 2 each of whiskey and rum. Line pan with waxed paper and press cake and shape into pan (use either angel food pan or 2 loaf pans). Mix cake in very large bowl with fingers. Keep in refrigerator 3 days before using. Cake will keep indefinitely if kept refrigerated.

Freda Himm

BLACK CHERRY COMPANY JELLO

1 (8 oz.) cream cheese, softened
¼ c. mayonnaise
1 pkg. strawberry Jell-O
1 pkg. cherry Jell-O
1 (12 oz.) ginger ale, chilled
1 can sweet cherries, pitted, chilled
1 small can pineapple tidbits, chilled
1 c. mini-marshmallows
¾ c. chopped nuts

Blend cream cheese and mayonnaise. Dissolve Jell-O in 2 cups boiling water. Stir into the cheese mixture. Add the ginger ale and chill. When slightly thickened, add the rest of the ingredients and chill in a fancy bowl. The juice of the pineapple can be used as part of the liquid for the water.

Mary Hayes

STRAWBERRY CREAM PIE

1 box strawberry jello
1 box vanilla pudding mix
1 pt. strawberries
1 (4 oz.) whipped topping (lite or regular)
1 (9-inch) pie crust, or make your own

Clean strawberries, slice in half, sprinkle lightly with sugar and refrigerate. Mix the jello and pudding in saucepan. Add 2 cups of water and bring to a boil. Pour into a bowl and refrigerate until thickened, then add half the strawberries and fold in the whipped topping. Pour into pie crust. Chill until set then garnish the top with topping and the rest of the berries.

Mary Hayes

OLD FASHIONED COBBLER

½ stick oleo or butter
1 c. sugar
1 c. flour
2 level tsp. baking powder
¼ tsp. salt
1 can peaches or any canned fruit
½ c. milk

Put cup of flour into a mixing bowl. Add baking powder and salt. Mix well. Drain fruit and place juice in a measuring cup. Grease baking dish.

Into another small mixing bowl, put butter and sugar. Beat until smooth. Take milk and the dry mixture. Add to butter mixture, alternating. Beat until smooth. Place in bottom of baking dish. Place fruit over the top and sprinkle about ½ cup sugar over it. Pour 1 cup of juice (add water to make a cup). Bake at 375° for 40 minutes. (Check to see if brown enough.)

Reva Ryder

PEEK A BOO FRUIT SQUARES

½ lb. shortening
2 c. sugar
4 eggs
1 tsp. vanilla extract
3 c. flour
1 can pie filling (cherry, blueberry or lemon)

Combine shortening and sugar. Add eggs, one at a time. Add remainder of ingredients except pie filling. Spread ¾ dough on bottom of ungreased 11 x 17-inch pan. Spread pie filling over dough

evenly. Drop remaining dough by teaspoonfuls onto filling. Spread top dough slightly so it will meet in places, but not cover up fruit filling. Bake 30 minutes at 375°. Serve with ice cream, whipped cream or plain.

Tommy Patin

BUTTERSCOTCH PIE

1 c. brown sugar
4 Tbsp. flour (full)
2 Tbsp. butter
3 egg yolks (if eggs are small, use 4)
½ tsp. salt
1 tsp. vanilla
2 c. milk
3 egg whites
4 level Tbsp. sugar
1 (8-inch) baked pie shell

Beat together butter, brown sugar, salt, flour and egg yolks. Add milk and cook until thick. Add vanilla. Cool slightly, then pour into shell. Cover with meringue. Make with egg whites (beaten until stiff) and sugar. Brown in slow oven.

Sheila Stewart

MARTHA WASHINGTON CANDY

2 boxes confectioners sugar, sifted
1 stick margarine
1 can sweetened condensed milk
1 tsp. vanilla
3 c. chopped pecans (more if you wish)
1 c. coconut
1 (½ lb.) pkg. bitter or semi-sweet chocolate squares
1 block paraffin

Cream first 5 ingredients. Add nuts and coconut. Roll into balls the size of a walnut (use powdered sugar to dip hands as you roll). Freeze. Melt chocolate and paraffin over low heat. Dip balls, one at a time, in the chocolate mixture with a toothpick. Drop on waxed paper to harden.

Veronica Schlenk

STRAWBERRIES AND CREAM PIE

1 (9-inch) Ritz pie crust, bake until light brown, then cool
1 (8 oz.) pkg. cream cheese, softened
⅓ c. sugar
¼ tsp. almond extract
1 c. whipping cream, whipped
1 c. semi-sweet chocolate chips
2 Tbsp. margarine
4 c. fresh strawberries, washed and hulled

In large bowl, beat cream cheese until fluffy. Gradually add sugar and almond extract. Blend well. Fold in whipped cream. Spoon into cooled pie crust. Arrange strawberries, pointed side up, over filling. Chill. In a saucepan over low heat, melt chocolate chips and margarine, stirring until smooth. Drizzle over strawberries and filling. Chill until set. Store in refrigerator. Makes 10 to 12 servings.

Mercedia White

PEANUT BUTTER FUDGE

2 c. brown sugar
2 c. white sugar
2 c. milk
½ tsp. salt
2 c. peanut butter
4 Tbsp. butter
1 tsp. vanilla

Bring the sugars, milk and salt to a soft boil. Remove from heat. Add the peanut butter, butter and vanilla. Spread in pan.

Dorla Zeh

JEWISH APPLE CAKE

3 c. all-purpose flour
2 c. sugar
4 large eggs
1 c. oil
¼ c. orange juice
3 tsp. baking powder
½ tsp. salt
3 tsp. vanilla
3 or 4 large apples, sliced

Additional:

1 c. sugar
1 tsp. cinnamon

Mix for a cinnamon and sugar mixture.

Mix flour, sugar, eggs, oil, orange juice, baking powder, salt and vanilla until smooth. Slice apples thinly. Grease 10-inch tube pan. Layer batter and apples then sprinkle with cinnamon and sugar mixture. Final layer should be apples and cinnamon and sugar mixture. Bake at 350° for approximately 1 hour.

Virginia Hare, R.N.

SPICE CAKE

1 c. boiling water
1 c. cold water
2 c. raisins
2 c. sugar
2 tsp. nutmeg
2 tsp. cinnamon
1 ½ tsp. cloves
2 tsp. baking soda, mixed with a little water
2 sticks butter

Boil raisins 10 minutes in 2 cups water. Take off stove then add 1 cup cold water. Mix flour and spices. Add butter to raisins, mix well, then add baking soda. Bake at 325° for 30 minutes (or until done). Top with chocolate icing.

Rose Mongelli

HEALTHY FRUIT COCKTAIL CAKE

1 beaten egg
1 can fruit cocktail, juice included (16 oz.)
1 ½ c. flour
1 c. sugar
½ tsp. salt
1 tsp. baking powder
¾ c. brown sugar
1 ½ c. chopped nuts

Mix beaten egg and fruit cocktail, then add dry ingredients until well mixed. Spread into well-greased 9 x 13-inch pan. Sprinkle top with brown sugar and chopped nuts. Bake at 350° for 40 minutes. Top with ice milk or whipped cream, if desired.

Debbie

CHOCOLATE SALAD DRESSING CAKE

2 c. flour
1 c. sugar
¾ c. Miracle Whip salad dressing
½ c. Hershey cocoa
1 tsp. vanilla
1 c. cold water
½ tsp. baking soda

Put all dry ingredients in bowl. Add Miracle Whip. Add water. Beat all at once until smooth. Batter will be thick. Bake at 350° in floured pan for 30 to 35 minutes or until toothpick comes out clean. Top with chocolate frosting. Keeps well in refrigerator.

Anita Troup, CNA

OREO PUDDING

1 large pkg. Oreo cookies
½ c. margarine, melted
½ c. sugar
1 (8 oz.) cream cheese, softened
1 c. powdered sugar
2 small boxes instant vanilla pudding
3 c. milk
1 (8 oz.) Cool Whip

Crumble the Oreo cookies by hand. Set aside ¾ cup to use as topping. Combine margarine and sugar and stir until sugar melts.

Stir in the Oreos (except for the ¾ cup) and spread this mixture into a 9 x 13-inch pan. Beat together the cream cheese, powdered sugar, instant pudding, milk and Cool Whip. Pour this over the mixture in the pan and sprinkle the remaining ¾ cup Oreos on top. Chill overnight.

Janet Johnson, CMH Auxiliary

RUM BALLS

1 ½ c. pecans
1 ¾ c. fine, blender made, vanilla wafer crumbs
1 Tbsp. cocoa
⅛ tsp. salt
⅓ c. light corn syrup
3 Tbsp. rum
1 tsp. vanilla
sifted confectioners sugar for rolling balls

Grate pecans in blender until finely grated. Add to mixing bowl with cookie crumbs, sugar, cocoa and salt. Mix well with pastry blender. Add syrup, rum and vanilla. Mix well and shape into compact small balls, using 1 tablespoon mixture for each ball. Roll balls in confectioners sugar. Allow to dry for several hours. Store in airtight container to mellow. Makes 2 dozen balls.

Note: Brandy balls - substitute brandy for rum.

Terri Shelar

STRAWBERRY BAVARIAN CREAM

1 (10 oz.) pkg. frozen sliced strawberries, thawed
1 c. boiling water
1 (3 oz.) pkg. strawberry flavored gelatin
1 c. chilled whipping cream or 1 envelope dessert topping mix (about 2 oz.)

Drain strawberries, reserving syrup. Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved. Add enough cold water to reserved syrup to measure 1 cup. Stir into dissolved gelatin. Chill until almost set. In chilled bowl, beat cream until stiff. (If using topping mix, prepare as directed.) Beat gelatin until foamy. Fold gelatin and strawberries into whipped cream. Pour into 1 quart mold. Chill until firm. Unmold. If desired, serve with sweetened whipped cream and garnish with fresh strawberries. Makes 6 to 8 servings.

Terri Davis

EASY COCONUT PIE

4 eggs
1 ¾ c. sugar
½ c. self-rising flour
2 c. milk
¼ c. margarine, melted
1 ½ c. coconut
1 tsp. vanilla

Combine ingredients, mix well. Pour into 10-inch pie pan. Bake at 350° for 45 minutes or until done.

Terri Davis

GOURMET APRICOT PIE

Topping:

½ c. light brown sugar
⅓ c. sifted flour
¼ c. hard butter

Filling:

2 c. sour cream
1 c. sugar
4 Tbsp. sifted flour
½ tsp. salt
¾ tsp. almond extract
2 eggs
¾ c. dried apricots, stewed, drained and cut into small pieces
1 (9-inch) unbaked pie shell

Mix together brown sugar, flour and butter. Set aside. Combine sour cream, sugar, flour, salt, almond extract and eggs. Beat well with a rotary better. Fold in apricot pieces. Pour the mixture into an unbaked pie shell. Bake at 400° for 25 minutes. Remove from oven and immediately sprinkle topping over the pie and return to hot oven to bake 20 minutes longer. Chill in refrigerator. Serve with whipped cream. Serve 8.

Betty Kollar

SUGAR COOKIES

3 eggs
2 c. sugar
1 c. butter
1 c. sour cream
1 tsp. baking soda
5 c. flour, or more as needed to make soft dough

Mix and let stand overnight in refrigerator. Roll out, sprinkle with sugar and place on baking sheet about 2-inches apart. Bake at 375° for 8 to 10 minutes. Makes 5 dozen.

Option: These cookies can be dropped. Use 4 cups flour and they need not be refrigerated.

Dorla Zeh

MACAROON PIE

1 ½ c. sugar
2 eggs
½ tsp. salt
½ c. soft butter
¼ c. flour
½ c. milk
1 ½ c. shredded coconut
1 (9-inch) unbaked pie shell

Beat sugar, eggs and salt until mixture is lemon colored. Add butter and flour, blend well. Add milk. Fold in 1 cup coconut. Pour into pie shell. Top with remaining coconut. Bake in slow oven at 325° for 60 minutes.

Teresa Ulbrick

PUNCH BOWL CAKE

1 yellow cake mix
2 pkg. vanilla pudding (instant)
2 (20 oz.) cans crushed pineapple
2 large cans sliced peaches
5 to 6 bananas
1 pt. fresh strawberries
2 large Cool Whip

Note: May substitute cherry pie filling for fresh strawberries.

Bake cake following directions on package. Mix instant pudding while cake is baking. Slice strawberries. Layer the following: Crumble cake while warm. Add pineapple with juice. In punch bowl or 4-inch deep dish, add pudding, bananas, peaches and strawberries. Repeat until all is used. Cover with Cool Whip.

Lorene Detmer

POPPY SEED CAKE

¾ c. butter
1 ½ c. sugar
2 c. flour
1 ½ tsp. baking powder
4 egg whites
¾ c. milk
½ c. poppy seed

Soak poppy seed in milk overnight. Cream butter and sugar. Add seed and flour (which has been sifted 3 times). Fold in egg whites. Make a filling and put between layers. Cover with whipped cream.

Filling: Dissolve 2 tablespoons flour in ½ cup milk, then add one more cup milk, ¾ cup sugar and egg yolks. Cook until thick. Add ½ teaspoon vanilla. Put between layers. This makes a lovely and different cake.

Margaret Stewart

SOURDOUGH COOKIES

1 c. sugar
½ c. butter
1 tsp. vanilla
1 egg
1 c. sourdough
1 ¾ c. flour
2 tsp. baking powder
¼ tsp. salt
¼ tsp. soda

Drop by spoonfuls on baking sheet. Sprinkle with sugar and cinnamon. Bake 12 minutes at 350°.

Muriel Harrelson

BROWNIES

1 stick margarine
1 c. sugar
1 egg
3 Tbsp. cocoa
6 Tbsp. hot water
1 c. flour (plain)
½ c. chopped pecans (optional)

Mix cocoa in hot (not boiling) water. Let cool while mixing other ingredients. Add flour last. Bake in greased and floured, small cookie sheet pan with sides. Bake at 350° for 20 minutes, then cool and ice.

Marie Beck

RAISIN COOKIES

½ c. vegetable shortening
7 pkg. Sweet 'N Low
¼ c. molasses
¼ c. water
1 egg
½ tsp. cinnamon
½ tsp. nutmeg
1 ¾ c. flour
½ tsp. baking soda
½ tsp. salt
1 c. raisins
1 c. coarsely chopped walnuts

Heat oven to 375°. Put shortening in mixing bowl. Add sugar, molasses, water, egg, cinnamon and nutmeg. Stir briskly until blended. Mix in flour, baking soda and salt. Heat until smooth. Stir

in raisins and walnuts. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake 8 to 10 minutes. Transfer to racks to cool. Makes about 36. Store in Ziploc bags in refrigerator.

Joanie Diffenderfer, R.N.
Citrus Memorial Hospital
11 to 7 Supervisor

CHOCOLATE BREAD PUDDING

2 c. sugar
½ c. cocoa
1 tsp. salt
1 tsp. cinnamon
2 eggs
1 tsp. vanilla
3 c. milk
12 slices bread, very dry, broken into ½-inch cubes
½ to ¾ c. raisins (optional)

Place sugar in large baking dish. Add cocoa and mix well. Add salt, cinnamon, eggs and vanilla and mix well. (Mixture will be syrupy, like pudding.) Add bread cubes. Mixture will now by soupy. Bake at 350° for about 1 hour. After 50 minutes, do a knife test. Not unusual for it to collapse. Add raisins, if you wish. Serve with cream, ice cream or whipped cream.

Martha Haag

STRAWBERRY BREAD PUDDING

1 (10 oz.) pkg. frozen strawberries, thawed
2 Tbsp. cornstarch
red food coloring
2 slightly beaten eggs
2 ½ c. milk
½ c. sugar
2 Tbsp. melted butter
½ tsp. vanilla
¼ tsp. salt
4 slices white bread, cubed ½-inch

In a small saucepan, combine undrained strawberries and cornstarch. Cook and stir over medium heat until mixture bubbles and thickens, then stir in a few drops of red food coloring. Spread this mixture evenly over bottom of 10 x 6 x 2-inch baking dish. In mixing bowl, combine eggs, milk, sugar, butter, vanilla and salt. Add bread crumbs to this mixture and stir until moistened. Carefully pour custard mixture over strawberries. Bake at 350° for 50 to 55 minutes. May be served warm with cream or cold. Makes 6 large portions.

Deborah Hamilton-Ford

Beverages, Microwave & Misc.

Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatin dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) are fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.

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CRANBERRY CINNAMON PUNCH

2 c. fresh cranberries
8 c. water
½ c. sugar
¼ c. red cinnamon candies
3 whole cloves
½ c. orange juice
2 Tbsp. lemon juice
orange or lemon slices, quartered

Wash cranberries. In large saucepan, combine the cranberries with 3 cups water. Bring to boiling. Reduce heat. Simmer, uncovered, for about 5 minutes or until cranberry skins pop. Remove from heat; cool. Press cranberries through a sieve. Strain cranberry juice through several layers of cheesecloth to remove small seeds. In 4 ½ quart Dutch oven or kettle, combine cranberry juice, the remaining 5 cups water, sugar, cinnamon candies and cloves. Bring to boiling; reduce heat. Boil gently for 5 minutes, stirring to dissolve candies. Stir in orange or lemon juices. Serve hot or cold. Garnish each serving with orange or lemon slices. Makes 10 (6 ounce) servings.

Jan Lesight

TAHITIAN PUNCH

1 (46 oz.) can chilled pineapple juice
1 (46 oz.) can chilled orange-grapefruit juice
2 qt. carbonated lemon/lime beverage
1 pt. lemon or lime sherbet ice cream

In large bowl, stir together juices and carbonated beverage. Spoon sherbet into bowl. Serve immediately.

Dalyce Rau

BOWLE A LA KUMPA

(A Festive German Wine Punch)

3 liter average German white wine
2 pt. fresh strawberries
1 liter champagne

At 8 a.m., take 1 liter white wine. Pour into large pitcher over 2 pints fresh strawberries. Place in refrigerator. Three hours prior to serving, place 2 liters of white wine and champagne in the freezer.

Immediately, prior to serving, add to original wine-strawberry mixture. Place all in punch bowl. Dry ice may be added for effect. Serves 4 lusty drinkers, 8 bon vivants or 16 party drinkers.

Charles Stewart, M.D.

FREEZER JAM

4 c. mashed berries
8 c. sugar
1 ½ tsp. Fruit-Fresh
2 c. water
2 boxes Sure-Jell

Mix first 3 ingredients together and let set for 20 minutes. Stir occasionally. Mix the last 2 ingredients in a pan, bring to a full boil. Boil for 1 minute. Remove from heat and pour over berries. Stir for 4 minutes. Pour berry mixture into clean jars or freezer containers. Let set out overnight. Store in freezer.

May Lair, NA

GARLIC GRITS

4 ½ c. water
1 c. grits
1 tsp. salt
¼ lb. butter
1 roll garlic cheese
2 eggs
½ c. milk
1 c. buttered corn flakes

Pour grits slowly in boiling water and cook on low heat until done (30 to 40 minutes). Cool for 15 minutes. Melt butter and ¾ of cheese roll and add to grits. Pour into greased baking dish and top with remaining cheese, grated,and corn flakes. Bake for 45 minutes at 350°. (Potato chips can be used instead of corn flakes and Cheddar cheese and ⅛ teaspoon garlic powder instead of cheese roll.)

Myrtle Clovis, R.N.

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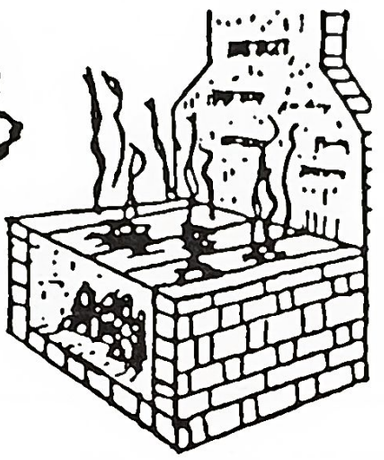

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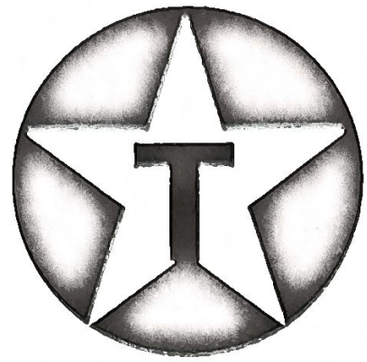

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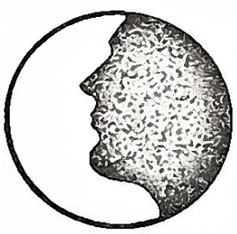

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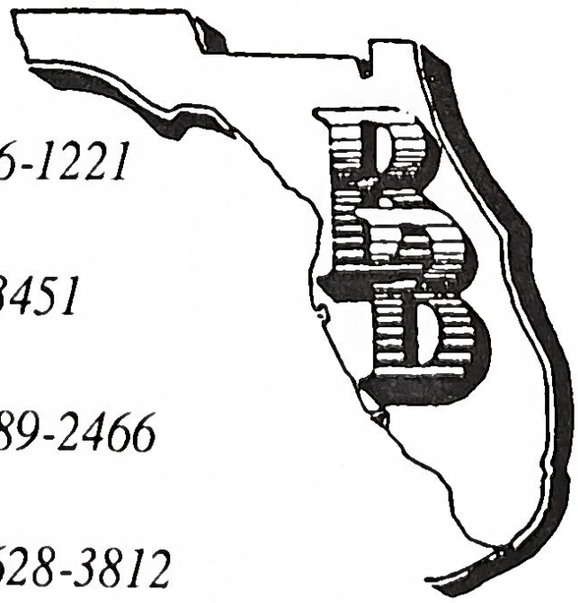

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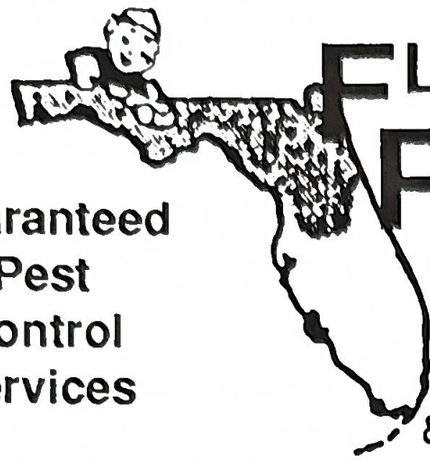

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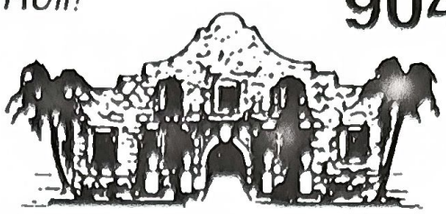

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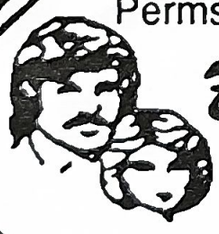

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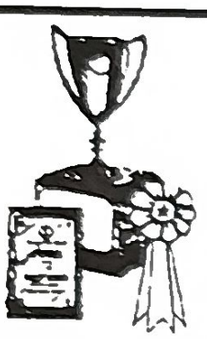

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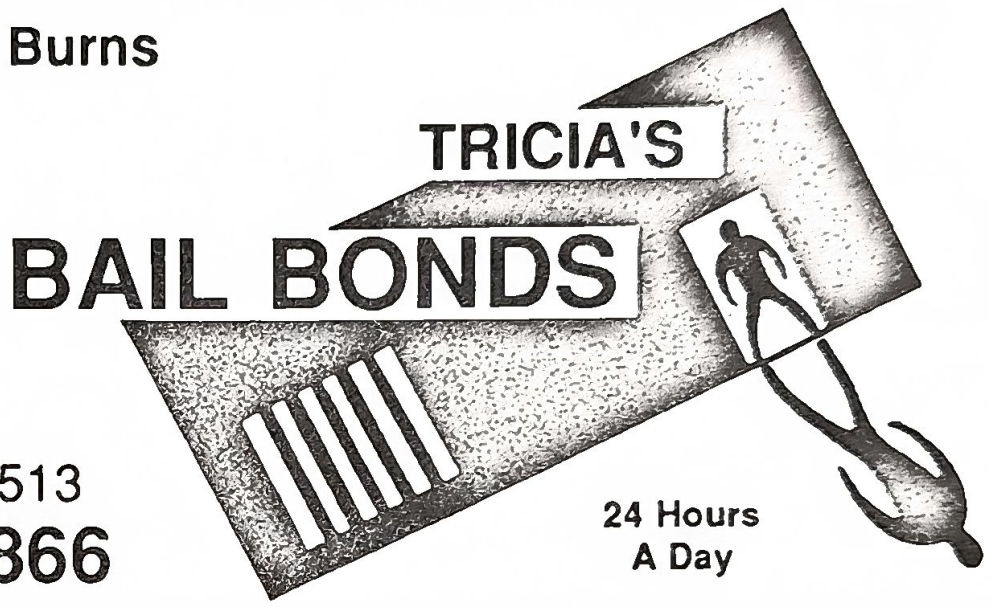

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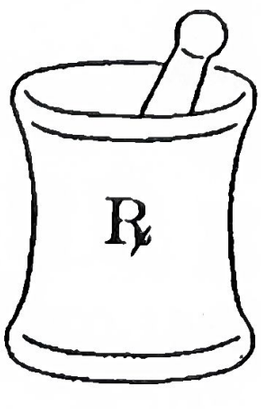

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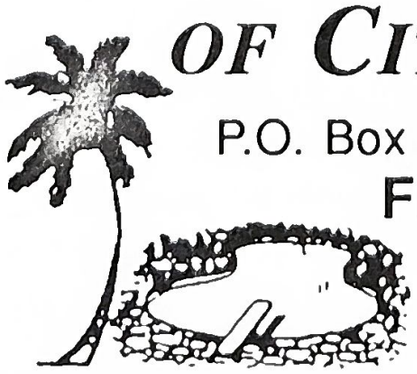

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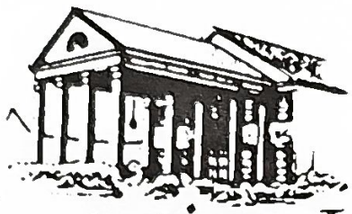

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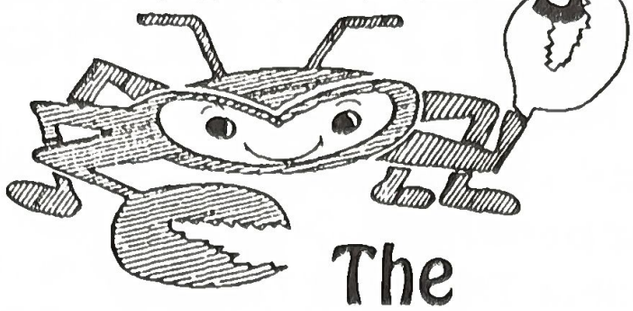

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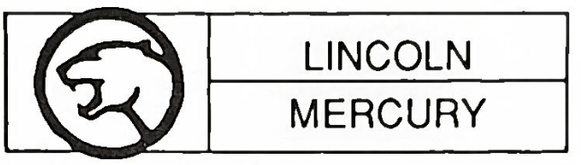

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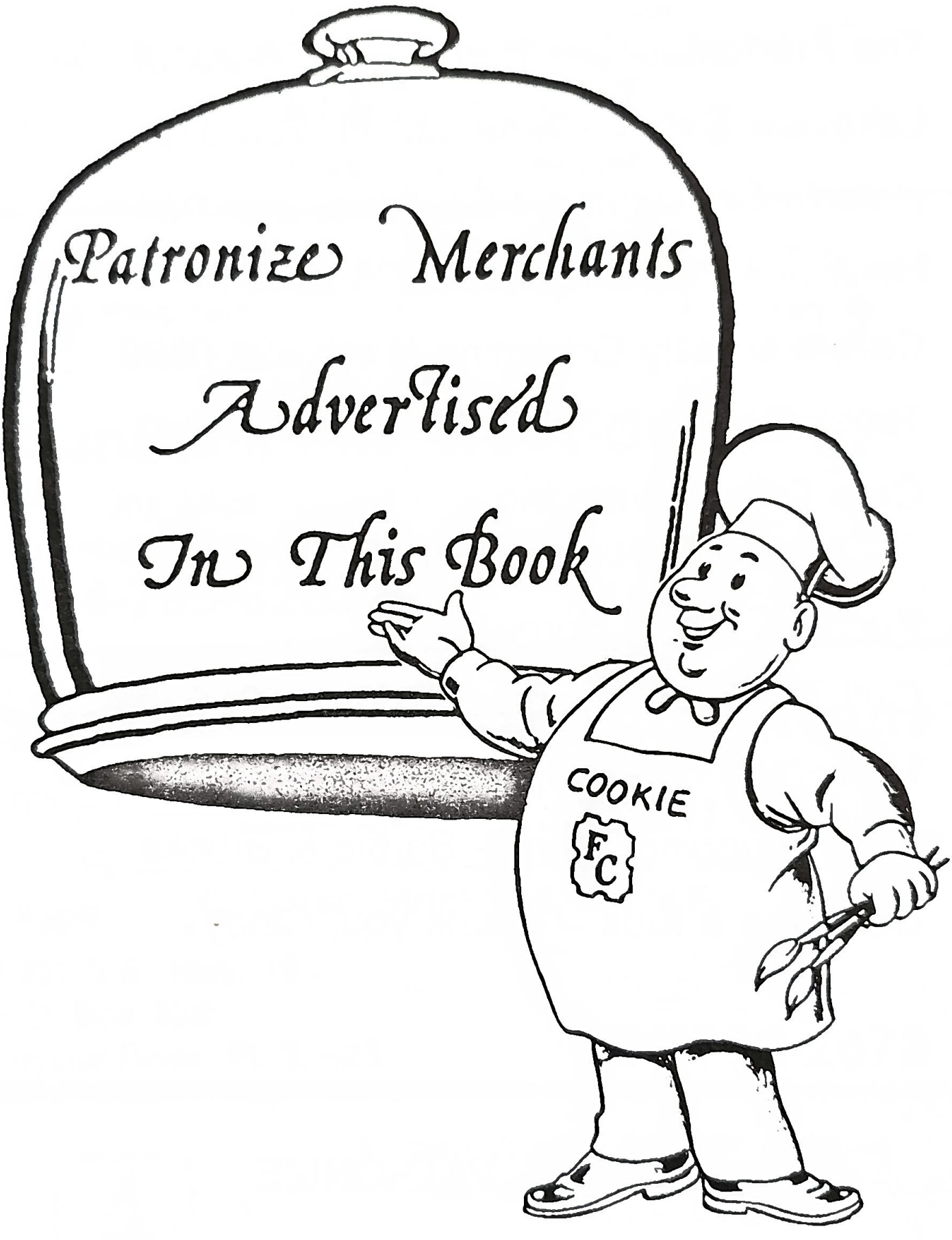

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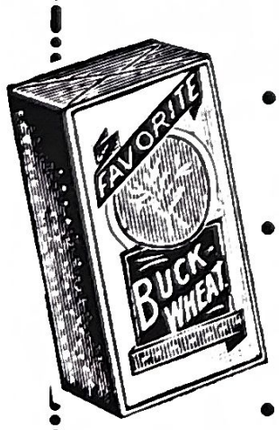
"Little Known"
HOUSEHOLD HINTS
. . . that even your Grandmother probably didn't know!

GENERAL

- Rubbing alcohol will remove ball-point pen ink marks.
- Candles chilled for 24 hours in refrigerator will burn longer and not drip.
- Baking soda on a damp cloth will remove grime and grease from glass on oven door.
- Window cleaner will clean and polish exterior of appliances — stove, refrigerator — also small appliances, taps, etc.
- Mixture of half salt and half hot vinegar rubbed on brass will clean and polish.
- To re-smooth Teflon pans, boil for 5 to 10 minutes in the pan, a mixture of 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach. Wash in suds and rinse thoroughly. Then before using, wipe the surface with salad oil.
- To remove gum from hair, rub a plain chocolate bar in hair — then wash.
- A cloth wrung out of a solution of 1 tablespoon cornstarch dissolved in one quart of water, will make windows and mirrors sparkle.
- Cold tea, coffee grounds, or egg shells make a good fertilizer for house plants and act as insecticides, too.
- Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.
- Stamp a few moth balls into the ground near flower beds to keep dogs away.



continued

...and more "Little Known"

HOUSEHOLD HINTS

- To save mess in making bread or graham cracker crumbs, place in plastic bag and roll with rolling pin.
- Add a little salad oil in when you cook macaroni or spaghetti and it will not boil over or stick.

VINEGAR

- A bowl of vinegar placed in a stuffy or smokey room will absorb tobacco smoke or the smell of paint, and keep the air fresh.

MILK

- Rinse pan with cold water before heating milk in it to prevent scorching and make cleaning easier.
- To make sour milk from sweet milk, add 1 tablespoon vinegar or lemon juice to 1 cup sweet milk.

PIES

- When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.
- Make your two-crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator. Let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.

- Put cream or milk on top of two-crust pies for a nice brown pie.

- Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.
- Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

ABBREVIATIONS COMMONLY USED

tsp. - teaspoon
Tbsp. - tablespoon
c. - cup
pt. - pint
qt. - quart
pk. - peck
bu. - bushel
oz. - ounce or ounces
lb. - pound or pounds
sq. - square
min. - minute or minutes
hr. - hour or hours
mod. - moderate or moderately
doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon
3 teaspoons - 1 tablespoon
16 tablespoons - 1 cup
1 cup - 1/2 pint
2 cups -1 pint
2 pints (4 cups) - 1 quart
4 quarts (liquid) - 1 gallon
8 quarts (solid) - 1 peck
4 pecks - 1 bushel
16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons -1/4 cup
5 1/3 tablespoons - 1/3 cup
8 tablespoons - 1/2 cup
10 2/3 tablespoons - 2/3 cup
12 tablespoons -3/4 cup
14 tablespoons - 7/8 cup

OVEN TEMPERATURES

Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot	475 to 500

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 oz.	1 cup
picnic	1 1/4 cups
#300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

TERMS
Used in Cooking

APPETIZER	A small serving of food served before or as the first course of a meal.
ASPIC	A transparent jelly, usually meat, which has been boiled down to become firm when cold.
BATTER	A mixture of flour or liquid that can be beaten or stirred.
BISQUE	A rich thick cream soup made from fish.
BLANCH	To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
BOUILLABAISE	A chowder made from several varieties of fish and wine.
BOUILLON	Clear soup made from lean beef or chicken.
BRAISE	To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
CARAMEL	Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
CHICORY	A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes call curly endive.
CIDER	The juice from pressed apples used as a beverage or to make vinegar.
CLARIFY	To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
COBBLER	A fruit pie with a rich biscuit dough made in a deep-dish.
COCKTAIL	An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.
CRACKLINGS	Crisp particles left after fat has been fried out.

CROQUETTES	Chopped meat held together by eggs, shaped and dipped into crumbs, then fried.
DOUGH	A mixture of flour and liquid that is stiff enough to be kneaded.
DRIPPINGS	Liquids resulting from meat being cooked.
ENTREE	The main course of a meal.
FONDUE	A dish made of cheese, eggs, etc.
FRITTERS	Vegetables or fruit covered with batter then fried in deep fat.
FROSTING	A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS	The liver, gizzard or heart of poultry.
GINGER	An aromatic, pungent root sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
GLACE	Ice or glossed over. Meats are glazed by covering with concentrated stocks or jellies.
GRATE	Cut into tiny particles, using small holes of grater
HORS d'OEUVRES	Tart, salty or crisp foods served as appetizers.
INFUSION	Liquid extracted from tea, herbs or coffee.
JULIENNE	Cut in fine strips or strings.
KNEAD	To place dough on flat surface and work it, pressing down with knuckles, then fold over, repeating several times.
LEGUMES	The seeds of certain plants, as peas, beans, peanuts, and lentils.
MACEDOINE	A mixture of fruits or vegetables.
MARJORAM	May be used both green and dry for flavoring soups and ragouts, and in stuffing for all meats and fish.
MARINATE	Let food stand in liquid that will add flavor or tenderize.
MINCE	To cut foods in very fine pieces.
MORNAY	A white sauce containing cheese.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
SHRED	Cut into thin pieces, using large holes of grater or shredder (cheese).

PARE	Cut off outer covering with a knife or other sharp tool (potatoes, apples).
PEEL	Strip off outer covering (oranges).
PIQUANT	A sharp sauce.
SCALD	Heat milk to just below the boiling point. Tiny bubbles form at edge.
SIMMER	Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Used to flavor vinegar.

FOOD PROCESSES

BAKE	To cook by dry heat, usually in an oven.
BARBECUE	To roast or broil whole, as a hog, fowl, etc. Usually done in a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL	To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT	The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW	To cook in hot liquid until flavor is extracted.
BROIL	To cook by exposing the food directly to the heat.
BRAISE	To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY	To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COATSPOON	When a mixture forms a thin even film on the spoon.
CODDLE	To cook slowly and gently in a liquid just below the boiling point.
CREAM	To beat until soft and fluffy. Usually applied to shortening and sugar.
CUBE	To cut in even sized pieces.
CUT	To divide foods with a knife or scissors.
DICE	To cut into small cubes.
DISSOLVE	To pass into solution.
FOLD	To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, $1\frac{1}{8}$ inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes;		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140
Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

CALORIE COUNTER

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

A "QUICK" Summary

OF

DILL Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

FENNEL Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.

MARJORAM May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

TARRAGON Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

CURRY POWDER A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.

CHIVES Leaves are used in many ways. May be used in salads, in cream cheese, in sandwiches, omelets, soups, and in fish dishes. Mild flavor of onion.

SAGE Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued

Herbs & Seeds

continued...

CARAWAY Seeds have a spicy smell and aromatic taste. Used in baked goods, in cakes, breads, soups, cheese, and sauerkraut.

PAPRIKA A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

BASIL Aromatic odor, warm sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

OREGANO Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

BAY LEAF A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

GINGER An aromatic, pungent root, sold fresh, dried, or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

CHERVIL Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

SHALLOTS Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

VINEGAR Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.

RETAIL AND WHOLESALE BEEF CHART

Retail Cuts

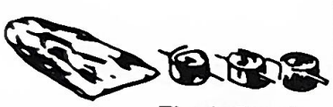
Ground Beef — Roast (Bake), Broil, Panbroil, Panfry, Braise

Heel of Round — Braise or Cook in Liquid

Hind Shank — Cook in Liquid (Soup) or Braise

Rolled Flank — Braise or Cook in Liquid

Flank Meat — Braise or Cook in Liquid



Flank Steak — Braise

Flank Steak Fillets — Braise

Plate "Boiling" Beef — Braise or Cook in Liquid

Rolled Short Ribs — Braise or Cook in Liquid

Brisket — Braise, Cook in Liquid

Corned Beef — Cook in Liquid

Shank Knuckle — Cook in Liquid (Soup) or Braise

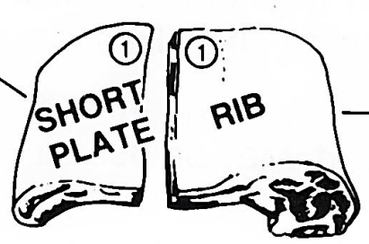
Cross Cut Bone Shank — Cook in Liquid (Soup) or Braise

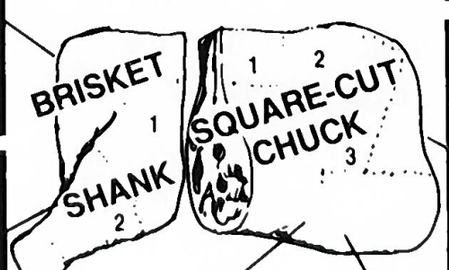
English Cut — Braise

Arm Pot-Roast — Braise

Arm Steak — Braise

Wholesale Cuts





Retail Cuts

Round Steak — Braise

Top Round — Braise

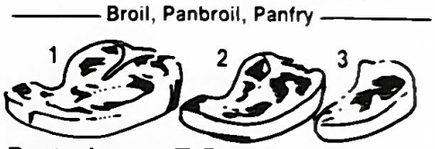
Bottom Round (Swiss Steak) — Braise

Rolled Rump — Braise or Roast

Standing Rump — Braise or Roast

Sirloin Steak — Broil, Panbroil, Panfry

Pin Bone Sirloin Steak — Broil, Panbroil, Panfry



Porterhouse Steak — Broil, Panbroil, Panfry

T-Bone Steak — Broil, Panbroil, Panfry

Club Steak — Broil, Panbroil, Panfry

Standing Rib Roast — Roast

Rolled Rib Roast — Roast

Rib Steak — Broil, Panbroil, Panfry

Blade Steak — Braise

Blade Pot-Roast — Braise

Triangle Pot-Roast — Braise

Boneless Chuck Pot-Roast — Braise

Shoulder Fillet — Braise

Rolled Neck — Braise or Cook in Liquid

Boneless Neck — Braise or Cook in Liquid

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

QUANTITY COOKING

Food	25 Servings	100 Servings
MEAT, POULTRY OR FISH		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
SANDWICHES		
Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads
SALADS, CASSEROLES		
Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gals.
Baked Beans	¾ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
VEGETABLES		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

Take Time For 10 Things

1. **Take time to work - - -**
   It is the price of success.
2. **Take time to think - - -**
   It is the source of power.
3. **Take time to play - - -**
   It is the secret of youth.
4. **Take time to read - - -**
   It is the foundation of knowledge.
5. **Take time to worship - - -**
   It is the highway of reverence and washes the dust of earth from our eyes.
6. **Take time to help and enjoy friends - - -**
   It is the source of happiness.
7. **Take time to love - - -**
   It is the one sacrament of life.
8. **Take time to dream - - -**
   It hitches the soul to the stars.
9. **Take time to laugh - - -**
   It is the singing that helps with life's loads.
10. **Take time to plan - - -**
    It is the secret of being able to have time to take time for the first nine things.

FAVORITE RECIPES

Recipe Name ***Page No.***

Notes